

## Physical Activity and the Workplace

Employees who are more active benefit the workplace! A workplace that supports physical activity will help employees achieve optimal health and success at work! It also makes good business sense because a healthier workforce is associated with:

- Improved productivity with energized employees
- Reduced health care costs
- Decreased rate of turnover
- Lower injury rates
- Lower employee absenteeism due to illness

### Physical Inactivity:

- Is a recognized public health issue in Canada and globally
- Is one of the five leading global risk factors for mortality and is estimated to cause 2 million deaths per year
- Is a major contributor to chronic disease and health care spending in Canada.
- Specifically, 15% to 39% of the seven chronic diseases are attributable to physical inactivity. (CAD, stroke, hypertension, colon cancer, breast cancer (women only), Type 2 diabetes and osteoporosis)
- Making positive changes and supporting **physical activity** in the workplace can lead to improved employee health and well-being. This leads to improved employee satisfaction and commitment, and contributes to a more productive workforce.

### Being physically active has so many benefits...

Better health

Improved endurance/aerobic ability

Stronger muscles and bones

Improves energy levels

Improves mental health

Maintain mobility

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Maintain mobility

Improves ability to be independent as one ages

Improves mood and self-esteem

Helps to cope with stress

Helps maintain a healthy body weight

And provides enjoyment

**The bottom line: Physical Activity is essential to good health!**

