

HEALTHY, HAPPY EMPLOYEES ARE MORE MOTIVATED AND ENGAGED

**Create an *energetic and productive* workplace
with a **Wellness Program!****



- Start a Fitness Program
- Organize On-Site Health Care Seminars
- Encourage Healthy Eating Habits
- Provide First Aid Courses

and Earn Points for Participation!

HOW THIS BENEFITS YOUR ORGANIZATION:

- Decreased Absenteeism
- Higher Productivity
- Increased Safety and Morale
- Reduced Healthcare Costs

HOW THIS BENEFITS YOUR EMPLOYEES:

- Immediate Incentive
- A Healthier Lifestyle
- Enhanced Job Satisfaction
- Strengthened Relationships



HERE ARE THE FACTS:

- ▶ Employees participating in wellness programs take 70% fewer sick days than those opting out of wellness.

Source: Wellness Council of America

- ▶ Research shows investing in a workplace wellness program typically results in a return of \$3 for every \$1 spent.

Source: Blue Cross Blue Shield

- ▶ A recent NASA study found that people who exercise have twice the stamina and productivity in the last two hours of the day than their more sedentary colleagues.

Source: NASA - National Aeronautics and Space Administration

**Motivate your employees to make better lifestyle choices,
and reward them for healthier habits.**

Call Rymax today to get your Wellness Program Up and *Running!*
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