
WELLNESS

The Importance of Workplace Wellness



NORTHERN
FINANCIAL GROUP

— SINCE 1987 —

Northern Financial Group Wellness

Northern Financial Group Wellness will help your company enhance the health and productivity of employees through better well-being and aid employees to lead an active lifestyle.

—

Employees who experience less stress and are more satisfied with their work, are likely to have higher levels of employee participation and will not have to take those unnecessary sick days. You will no longer lose valuable production time and revenue.

—

57% of people with high health risk reached low-risk status by completing a worksite cardiac rehabilitation and exercise program.

Good health plays a large role in employee productivity.

Chronic diseases are responsible for \$1.1 trillion in lost productivity annually in the economy. These losses are due to both absenteeism and “presenteeism”, when employees come to work too unwell to do their jobs.

Wellness Program

By reducing the negative impacts of stress through workplace wellness, it can increase both job satisfaction & organizational commitment.

Know the FACTS:

- Exercising three times a week can lower your chance of depression/stress.
- Getting the recommended 150 minutes of weekly activity can cut your risk of heart disease by 25%.
- On average costs fell by roughly \$3.27 for every dollar spent on wellness programs.

Benefits

Daily exercise will keep employees more alert and focused during the workday.

Consistent exercise will help stave off high blood pressure and reduce the risk of type II diabetes.

