Corporate On-Site Exercise Classes are a Win-Win for Everyone by Abhay

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Corporate wellness programs are part of a growing trend to fight the skyrocketing cost of medical care and insurance premiums. Statistics have routinely shown that employers who utilize corporate wellness programs have decreased absenteeism, reduced health care expenses and increased productivity among employees.

The implementation of on-site exercise classes are becoming a popular choice for companies. On-site exercise classes are scheduled at the companyâ€™s location and during the employeesâ€™ workday It allows for ALL employees to participate and benefit!

These classes are designed where employees donâ€™t sweat too much or exercise too intensely. They are usually scheduled before work hours, during the lunch hour or after work. Classes work well in conference rooms and cafeterias, and do not require special workout facilities. The most popular on-site exercise classes are Aerobic Exercise, Yoga, Pilates, Cardio-Circuit and Strength Training. Class fees can be paid by class participants or some companies may subsidize these fees, in part or in full.

For those companies that donâ€™t want to pay for an outside fitness instructor, consider creating your own fitness classes. Have a TV with a DVD player available in your conference room so employees can participate in lunchtime fitness classes.

Regular exercise enhances every facet of life - physical, emotional, and cognitive. More importantly, considerable evidence proves that being physically active can reduce the risk of contracting diseases and medical conditions.

Offering an employee wellness program such as on-site exercise classes can benefit the employer in the following ways:

â€¢ decreases absenteeism and increases productivity as fewer employees take sick days or time off for medical appointments, and have fewer illnesses and injuries

â€¢ increases the retention rate of employees as they become healthier and choose to take advantage of the program offered

â€¢ saves money previously utilized for insurance claims, pharmacy costs, and health insurance premiums

â€¢ decreases workersâ€™ compensation costs

â€¢ promotes a higher level of morale resulting in reduced stress and happier, more engaged employees

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Abhay - About Author:
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