

Is your workplace working for you and your employees? Studies show that unhealthy work habits, like staring at computer screens and rushing through fast-food lunches, are taking their toll in the form of increased absenteeism, lost productivity, and higher insurance costs - but it doesnt have to be that way. Companies such as Google, Apple, Aetna, and Johnson & Johnson have used innovative techniques to incorporate healthy habits and practices into the workday and into their culture - with impressive ROI. Packed with real-life examples and the latest research, The Healthy Workplace proves that it pays to invest in your peoples well-being and reveals how to: Create a healthier, more energizing environment Reduce stress to enhance concentration Inspire movement at work Use choice architecture to encourage beneficial behaviors Support better sleep Heighten productivity without adding hours to the workday Filled with tips for immediate improvement and guidelines for building a long-term plan, The Healthy Workplace will boost both employee well-being and the bottom line.

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