

THE FACTS ABOUT WELLNESS IN THE WORKPLACE

The cost of unhealthy employees quickly consumes corporate profits with factors such as illness, absenteeism, health care claims, employee turnover, and low-productivity and morale. Workplace wellness means investing in your company's most important asset – the employees. Studies consistently show that preventative workplace wellness greatly reduces corporate costs while creating a healthier, happier workplace.

REDUCED ABSENTEEISM

Healthier employees spend fewer days away from work due to illness, saving the company thousands of dollars on down time and temp help. Wellness programs also alleviate depression and help employees manage their time and stress levels, which contribute to productivity loss.

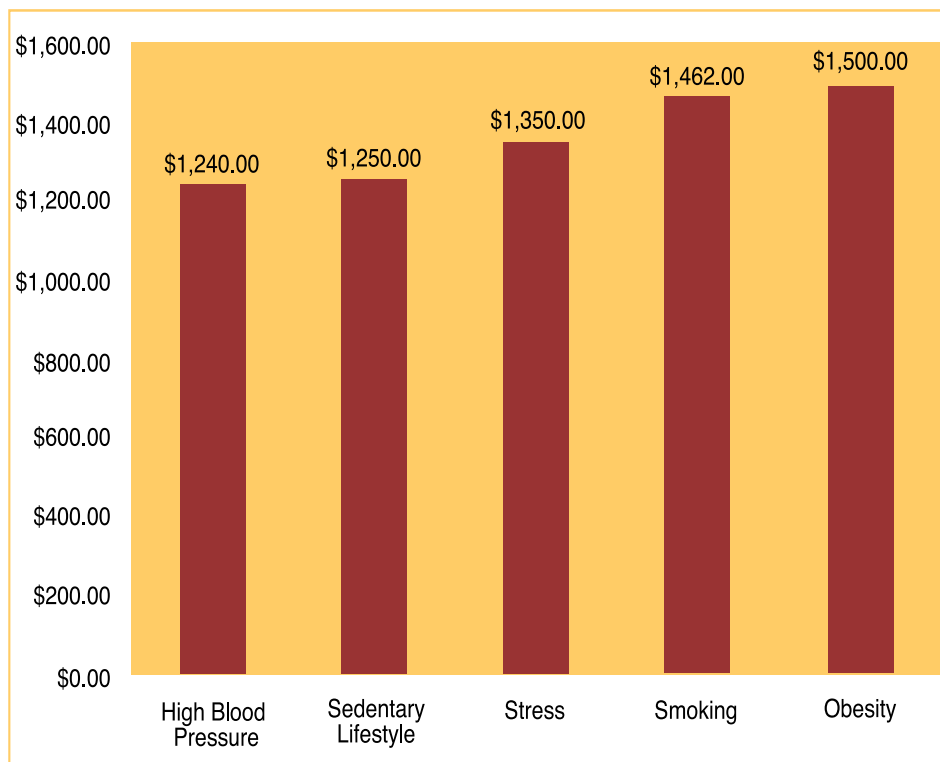
- The average cost of absenteeism per employee is \$1,387/year.
- On-site employee wellness programs reduce overall absenteeism by 19%, resulting in a savings of \$264 per employee, per year.
- Employees participating in wellness programs take 70% fewer sick days than those opting out of wellness.

WELCOA

REDUCED HEALTH CARE CLAIMS

Preventable illness makes up 70% of all health care claims. Many of these claims are linked to health habits, which could be corrected through the implementation of a health promotion program. Yoga is the perfect healthy and affirming first-step for people of ALL activity levels!

YEARLY CLAIMS COSTS OF AN UNHEALTHY EMPLOYEE

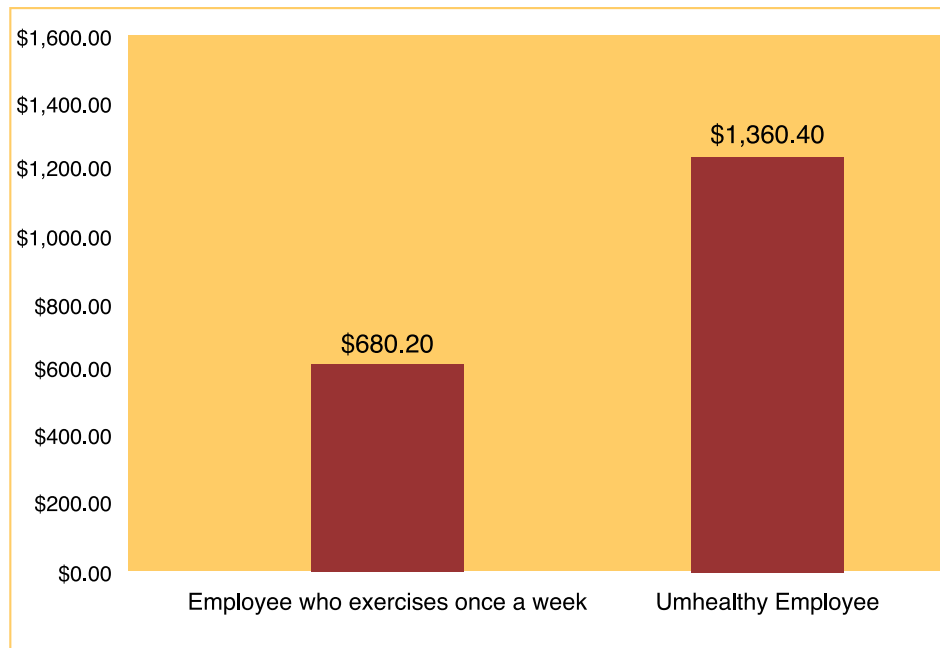


Employee Benefit News

The good news: Employees who exercise as little as once a week incur health costs 1/2 to 1/3 lower than those who don't.

Sales and Marketing Management

AVERAGE YEARLY COSTS OF EMPLOYEES WITH DIFFERENT LIFESTYLES



Employee Benefit News

REDUCED EMPLOYEE TURNOVER

Company sponsored wellness programs send a message to employees that management values their work and their well-being, which leads to content employees who are less restless to leave. The healthier and happier the work force, the less a company has to spend on hiring and training new personnel. The annual turnover rate for wellness program participants of the Canada Life Assurance Company of Toronto was 1.8%, compared to the company-wide average of 18%.

American Journal of Health Promotion

IMPROVED PRODUCTIVITY & MORALE

Worker productivity is a key factor in a successful business. Corporate wellness programs have boosted the profitability of organizations through improved productivity and employee morale.

Union Pacific Railroad found that 80% of its workers believed the company's exercise program helped to increase their productivity and 75% felt that regular exercise was helping them to concentrate better at work. Incentive Magazine

NASA reported a 12.5% increase in productivity from their fitness program. Participants were able to improve their work performance as well as enhance their concentration and decision-making powers.

The Association for Fitness in Business