



NATIONAL EMPLOYEE HEALTH & FITNESS DAY



National Employee Health & Fitness Day™ has been celebrated on the third (3rd) Wednesday in May since 1989. NEHF is a national health observance, created to promote the benefits of physical activity for individuals through their work site health promotion activities.

What Are You Doing For Your Employees' Health And Fitness Needs?

Worksite Health Promotion Programs enhance the overall health and productivity of your organization!

Benefits For Employers:

- Enhanced employee productivity
- Improved health care costs management
- Decreased rates of illness and injuries
- Reduced employee absenteeism
- Develops employee leadership skills

Benefits For Employees:

- Lower levels of stress
- Increased well-being, self-image and self-esteem
- Improved physical fitness
- Increased stamina
- Potential weight reduction

Worksite Health Promotion Programs: Key Components

No program can improve employee wellbeing if it is designed to target only a few isolated health risks. Wellness programs cannot improve the health of employees whose illnesses are not addressed by the health promotion objectives in the program. Screening the entire group to determine the health risks around which the worksite health promotion program will be designed is the foundation of every successful wellness plan.

Gentle persuasion and voluntary involvement will encourage continuous employee participation. To optimize wellness program potential, it should have a range of health solutions that can encompass individual preferences and needs. Good health promotion program initiatives permeate the

corporate environment as well as the laborers within it. To give the wellness program constant forward momentum, efforts to improve health should be rewarded and supported with evaluation and follow-up for as long as the employees remain with the company.

Calculating your Company Health Needs

Selecting appropriate goals and extracting objectives that reflect the health and wellness needs of the company corresponds directly with the scope of the health screening tool and its accuracy with pinpointing health risks. Some tips to help choose an assessment tool best suited to your company needs are:

* Send an endorsement of the upcoming health screen from the head of the company explaining the purpose of the survey, what the employees will gain from participating and emphasizing how confidentiality will be protected.

* Try a dry run with a random selection of employees. Ask for feedback on question clarity and perception.

* Be sure to include demographic information, but make sure it does not expose the identity of the participant.

* Avoid open-ended questions. Phrase queries so that they can be answered with either a yes or a no. This streamlines the information gathered from the answers and leaves options open for computerizing forms and graphing results..

* Leave a space at the end for elaborating, making suggestions and expanding on anything the yes or no choice did not suffice to answer.

Lastly, remember that one excellent reference for health risk information is the employees own self-assessment. While self-reporting does contain a subjective bias, the wealth of good facts it does elicit should not be dismissed. For screening tools free of charge, consult [Wellness Proposals](#).



Source: www.PhysicalFitness.org &
www.WellnessProposals.com

Courtesy of Wellness Proposals