



The Healthy Workplace: How to Improve the Well-Being of Your Employees---and Boost Your Company's Bottom Line

Leigh Stringer

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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 doesn't 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 people's 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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