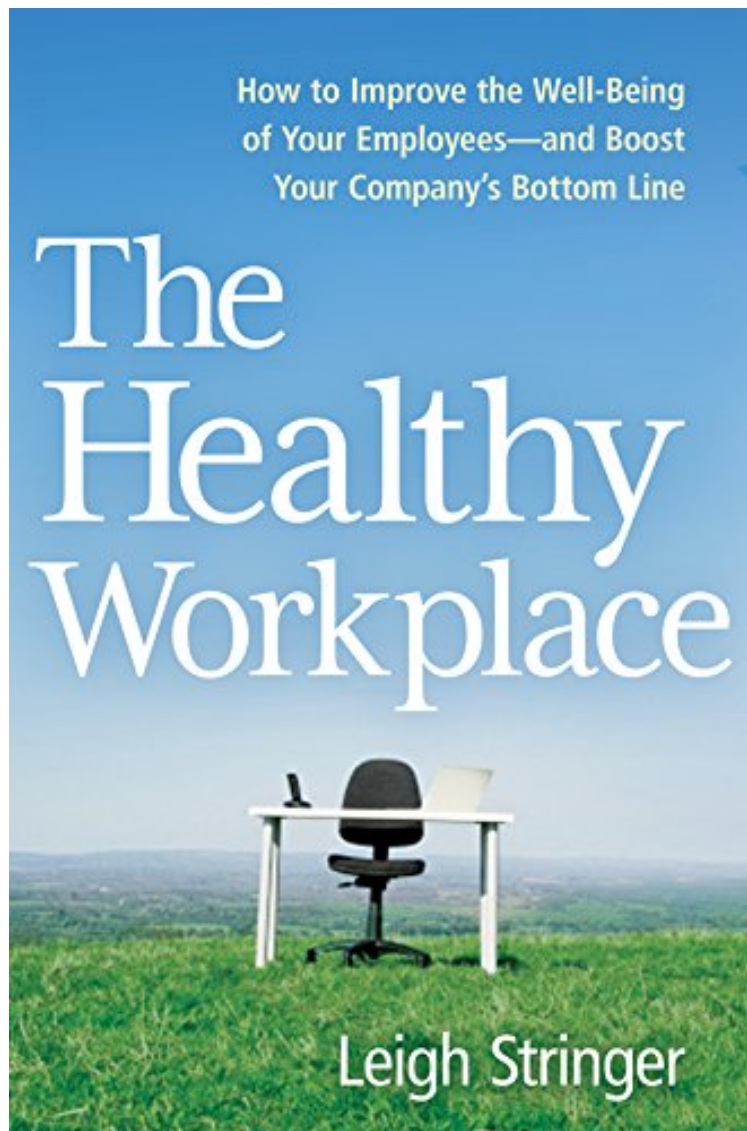


(Download free pdf) The Healthy Workplace: How to Improve the Well-Being of Your Employees---and Boost Your Company's Bottom Line

## 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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**Leigh STRINGER : The Healthy Workplace: How to Improve the Well-Being of Your Employees---and Boost Your Company's Bottom Line** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Healthy Workplace: How to Improve the Well-Being of Your Employees---and Boost Your Company's Bottom Line:

2 of 2 people found the following review helpful. Definatly worth readingBy Tamara FRIGOTLeigh has written a

very digestible book on how to improve wellness in the workplace. What makes her work the more relatable, is that she already had considerable experience in designing sustainable workplaces, yet experienced the toll that traditional workplace expectations and practices take on health and wellbeing. Like many, she gained weight, lacked energy and could see burnout looming if she continued doing what she had always done. She shares her personal and professional journey exploring how to manage her energy levels, incorporating good nutrition, recovery, exercise and restorative sleep into her daily activities and what can be done within workplaces to support employees to manage their energy levels. Along the way she has provided some valuable insights into what leading organisations are doing to support employees to manage their energy levels and how that has changed the wellness profile of those organisations. She also clearly articulates the business case that better health results in improved performance as the companies investing in their people are outperforming their competitors when measured using traditional financial metrics.

1 of 1 people found the following review helpful. Excellent read for 21st century business leaders

By Philip Lowit

Excellent book for business leaders, which I am recommending. Its a comprehensive primer on the latest trends that prioritize a health oriented workplace and examples of employers that are increasingly supporting this shift. Includes steps companies are taking to help employees increase productivity, reduce stress and foster creativity in the workplace. There's practical suggestions on how to best design (i.e. office set up, amenities, ergonomics, minimizing irritants etc) the workplace for health. The theme here is that companies that embrace this newer thinking through actions will ultimately be more profitable, as well as attract and retain the best people.

1 of 1 people found the following review helpful. AWESOME book on Wellbeing

By Kevin Butler

This book is the real deal. Leigh Stringer, the author, is extremely accomplished and obviously knows what she's talking about. Regardless if you are an experienced, well-versed reader on this topic or this is the first Wellbeing book for you, you should have no trouble finding valuable, actionable content. Having read at least 15 books on this topic, Here are just a few of the reasons why I will perpetually be using this book as an essential resource.

1. The way the book is organized.
2. The authentic story-telling.
3. The case studies and real life examples.
4. The ease in which in can be read

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.

"Stringer, a workplace expert at EYP Architecture and Engineering, marshals impressive evidence that [employee wellness boosts your bottom line] ... It's a fun trip, but it's also an effective way to provide lots of research and information." --Success Magazine "hellip;offers solutions for managers, HR departments, and executives choosing strategies to prioritize employee healthhellip;Even employees will find this book engaging and be able to glean ideas to bring to their employers." --Booklist "[Stringer] makes a compelling case that investing in employees' well-being isn't just a nice thing to do, it's smart business." --HR Magazine "...good, practical information for individuals on improving health and reducing stress in any environment, especially the workplace...a good resource for any company implementing or expanding a Health Initiative." --PM World Journal "Savvy tips for workplace efficiency." --The Chronicle Herald "Examples from corporations of all sizes are used to show a company can make meaningful changes to their employees' health with even small initiativeshellip;while ultimately also promoting business success." --Internal Auditing From the Inside Flap As insurance costs continue to climb and employee health in general continues to decline, your company has probably instituted carrot-and-stick programs such as screening tests, smoking cessation programs, and wellness incentives. What if the problem isn't employees' lifestyles, though, but the workplace itself that's making them sick? The modern office demands that people spend most of their time hunching in front of screens, sitting in cubes smaller than prison cells. Windows are few; colors, bland; noise, constant; lighting, sour; and the temperature always too hot or too cold. Lunch, if there's time, is often take-out eaten alone at one's desk. Unsurprisingly, many employees are over-weight, stressed, and sleeping poorly, while companies suffer from increased absenteeism, lost productivity, and elevated insurance premiums. Work doesn't have to be so sad. Wellness programs don't have to be so futile. You can help your people become healthier, happier, and more engaged. *The Healthy Workplace* offers a new wellness model that targets the way we work today—the key to improving both employee well-being and business results. The modern workplace conflicts with basic human needs for movement, sleep, and good food—and simple programs can boost vitality and engagement across the ranks. By turns both sobering and inspiring, this book: bull; Explains

how our evolution from hunter-gatherers to sitter-starkers has undermined human health. • Offers innovative initiatives, such as environments that improve creativity and “flow”; alternative work schedules that support better sleep, exercise programs that get people moving during the workday, and nutrition programs that distribute healthy snacks and superfoods. • Makes a strong business case for wellness programs. For example, research shows that medical costs fall by \$3.27 for every dollar spent on wellness programs, and absenteeism costs fall by \$2.73 for every dollar spent—a combined return on investment of 6 to 1! • Highlights programs working at Google, Facebook, Apple, Next Jump, Under Armour, Aetna, The Motley Fool, Johnson Johnson, and other companies. Based on case studies, original surveys, and hundreds of interviews, The Healthy Workplace helps business leaders rethink how work is done and promote healthier, more productive work lives. When employees thrive, the company thrives. Leigh Stringer is senior workplace expert for EYP Architecture Engineering and is researching employee health and productivity in conjunction with the Harvard School of Public Health, the Center for Active Design, and other leading organizations. From the Back Cover Leigh is clearly on the cutting edge of the revolution that is occurring between workplace health and business performance. The Healthy Workplace is research based, immensely practical, and filled with genuine insights.— Jim Loehr, co-founder of the Human Performance Institute and renowned performance psychologist “I’ve spent so much time trying to make people happier at work, neglecting how to make them healthier. Stringer combines the best thinking from physiology, psychology, nutrition, and sleep science into practical advice. This is a great read on a critically important topic—a must-have for anyone concerned with waistlines and bottom lines.— Adam Grant, Wharton professor and New York Times bestselling author of ORIGINALS and GIVE AND TAKE “Leigh Stringer has written the definitive guide for 21st century workplaces, and every smart CEO, manager, and worker should have a well-thumbed copy of The Healthy Workplace on their desks to use as a ready reference. With fascinating research, backed by hard-hitting statistics, Stringer lays out a compelling case that, far from a luxury, creating healthy workers and workplaces is imperative for fueling productivity, creativity, and a better quality of work and life for everyone.— Brigid Schulte, author of the New York Times bestseller Overwhelmed and director of The Better Life Lab at New America “The Healthy Workplace is a groundbreaking synopsis in the evolution of today’s corporate workplace. Leigh Stringer not only demonstrates current challenges and trends which are changing corporate culture, but lays out in specific detail the ways companies can find solutions and innovations towards advancing the wellness agenda for their most coveted asset, their people. — Paul Scialla, Founder/CEO of Delos and International WELL Building Institute “Leigh goes far beyond ROI and productivity and digs deep into unseen benefits of workplace wellness in The Healthy Workplace. Autonomy, creativity, mindfulness, and reduced presenteeism are just a few ways your culture will benefit from various workplace health initiatives. If you are looking to start a workplace wellness program or simply want to be inspired and re-ignite your population, this book will be an imperative tool so start reading and get out there and change some lives.— Sam Whiteside, Chief Wellness Officer, The Motley Fool “If you pick books that offer both learning and enjoyment, Stringer’s writing delivers mightily on both. Yours—I’ll learn why the Huffington Post has napping rooms, why we have a preference for “savanna landscapes,” and what “acres of neutral colored work stations” do to workforce performance. Stringer offers many long lists of practical methods workplace wellness readers can take to people managers, facilities managers and food managers alike to make their workplace a healthy one. I urge you to read it! — Paul E. Terry, Ph.D., President and CEO of the Health Enhancement Research Organization (HERO) and Editor, The American Journal of Health Promotion The Healthy Workplace disrupts the business-as-usual approach to wellness, and offers simple yet highly effective initiatives that break down the barriers to good health. By getting people to move away from their screens, de-stress, eat better, and live healthier lives on the job, you can achieve stunning results. Packed with examples of innovative programs and the latest research, this persuasive and practical book opens your eyes to the negative effect that many workplace cultures have on well-being and the enormity of the health crisis. It offers a solid business case for making changes and low-cost, high-impact solutions for building healthier, more energizing environments.