

Improve the Health of Your Workplace

“Live 2 B Healthy® has positively impacted my life in so many ways. Not only am I physically stronger, but I have much more confidence in myself and energy throughout the day. It helps me relieve stress and is a time when I can focus on doing something positive for ME. I love going to class! We work hard, but we also have fun. Because of the class, I now have a bond with co-workers, whom I typically don't have the opportunity to interact with. We're not only strengthening our bodies, but we're also strengthening our relationships with one another.”

– Class Participant – First National Bank in Sioux Falls, SD



Live 2 B Healthy® Class at First National Bank of Sioux Falls, SD

According to the Centers for Disease Control (CDC), Americans today spent approximately one-third of their day on the job. This means that employers are in a unique position to influence employee attitudes towards health and fitness in all areas of their lives. By advocating for healthy lifestyles, employers can help to reduce the detrimental effects of obesity, stress, and inactivity on the more than 138 million workers in the United States.

An Example of Workplace Cost of Obesity According to the CDC:

Obese employees experience higher levels of absenteeism due to illness than normal weight employees

The statistics for men in the workplace are:

- Normal-weight men miss an average of 3 days each year due to illness or injury
- Overweight and obese men (BMI 25-35), miss an average of 5 days
- That's a 56% increase in missed days!

The statistics for women are even more compelling:

- Normal-weight women miss an average of 3.4 days each year due to illness or injury
- Obese women (BMI greater than 30) miss 5.2 days, a 53% increase in missed days
- Women with a BMI of 40 or higher miss 8.2 days, a 141% increase in missed days

For more information: <http://www.cdc.gov/workplacehealthpromotion>

Live 2 B Healthy® brings real value to any Corporate Wellness Program with our "Staff Fitness" program. Staff Fitness offers proven, results-driven, customized group fitness classes held on-site for corporations of any size wanting to offer the lifelong benefit of health and fitness to its most important commodity, their employees.

For More Information or to Schedule A Live 2 B Healthy® Class in Your Area Contact:

Name:

Phone: