

WELLNESS IN THE WORKPLACE

SO MUCH TIME, EFFORT AND EXPENSE IS PUT INTO CREATING A WORKSPACE THAT'S WELL-DESIGNED, INSPIRING, AND REFLECTS THE COMPANY'S CULTURE, BUT... IS IT HEALTHY?



THE PROBLEM WITH SITTING

"Sitting is the new Smoking". As a result, there is an increased demand for flexible furniture and health-focused design to support a wellbeing trend in the workplace. Employers realize that a comfortable, happy employee is more productive. Movement in the workplace has been shown to increase productivity, creativity, prevent heart disease, some cancers, diabetes, AND lessen the chances of stroke. All good things. How do you create such an energetic space?

“LifeSpan is excited to be part of the concept of adding movement to the workspace. Across the board, industries are looking for viable solutions to help drive healthcare costs down. More and more research accumulates every day regarding the ill effects of the sedentary lifestyle. Flexible, sit/stand furnishings not only combat the detrimental effects of sitting, but boost creativity and productivity. Companies are catching on. Treadmill desks have been utilized in all segments of the market including Fortune 100's like Google, Microsoft, and Salesforce.com, as well as the higher education sector, healthcare, attorneys, CPA's, and many small businesses.”

Rick Leith
North American Sales Manager
LifeSpan Fitness

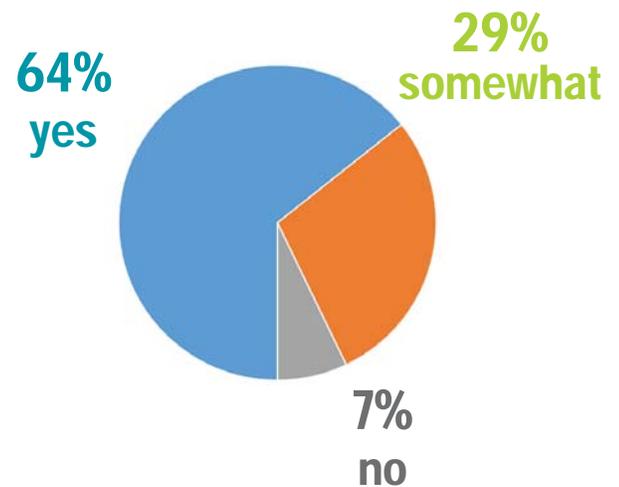
Take a look!



IS SITTING THE NEW SMOKING?

The results are in. We asked - you answered. Thanks to our Architect & Design community for your feedback on our recent e-survey.

Have you seen a rise in customer requests for adding movement to the workplace including treadmill desks, bike desks, standing desks, & other solutions vs. traditional desks?



If so, which solution is most popular?

- #1 height adjustable worksurfaces
- #2 treadmill desks
- #3 other solutions that enable flexibility & the freedom to adjust

Environments  at Work..

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MARCH 2015



A HEALTHY, HAPPY WORKPLACE

Environments at Work recently sat down with one of our customers, Kate Matheson, corporate communications manager at Kronos Incorporated, to gain insight in to their programs and initiatives that recently garnered the company as one of Boston Business Journal's Healthiest Employers 2015. Here's what she had to say.

EAW: How did Kronos become focused on good health in the workplace?

KM: The employees at Kronos are the company's greatest assets. Happy and healthy employees are more productive and inspired by the work that they do. We are deeply focused on supporting a work/life balance. Kronos offers as much as possible for the employees; presenting programs that meet individuals' needs. Over the past five years, a single yoga class that started in the café has developed into an outstanding formal wellness program.

EAW: How does the initiative keep its momentum?

KM: Kronos is a close knit community. People encourage and motivate each other. Employees are encouraged to step up their game and be more active.

EAW: Is there a driving force, e.g., senior executives, HR, wellness consultant?

KM: The wellness team is managed through the HR department but is fully supported by the executive team. There is also a part-time fitness specialist and a full-time wellness coach.

EAW: Are there incentives on improving your health?

KM: There is a monetary incentive to keep people motivated!

EAW: Is there a workout facility on site?

KM: Yes. There is an onsite fitness center with treadmills, free weights,

elliptical machines, and more. There's a studio that offers weekly classes in yoga, Zumba, Pilates, barre, and boot camp. We offered 500 classes in the last year.

EAW: Are healthy food options available for staff?

KM: Yes. Kronos promotes healthy eating and offers a variety of healthy options in the cafeteria. For example, we have meatless Mondays and "fit" meals that are less than 500 calories.

“The employees at Kronos are the company's greatest assets. Kronos encourages employees to be productive, contribute and hope they want to be there. They are deeply focused on supporting a work/life balance. Kronos offers as much as possible for the employees; presenting programs that meet individuals' needs. Over the past five years, a single yoga class that started in the café has developed into an outstanding formal wellness program.”

EAW: Do employees have non-traditional desk set-ups?

KM: There are two "walking desks". Employees can book these workstations through Outlook, as you would a conference room. They're always being used.

EAW: Are there organized activities to encourage movement/mobility & the like?

KM: Yes, we offer fitness and walking challenges as well as seminars on nutrition, stress management and heart health. ❤️

Ideas to spark Movement in the Workplace

- install height adjustable tables & treadmill desks
- encouraging "walking" meetings
- creating wellness rooms & alternate workspaces
- offering fitness programs & exercise classes
- provide emotional well-being programs

Benefits of a Happy, Healthy Workplace

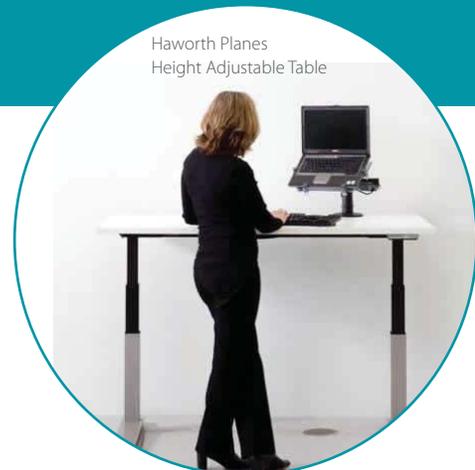
- higher employee retention
- greater employee engagement
- increased creativity & productivity
- motivating environment

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