



# **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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In this period of time globalization it is important to someone to get information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of sources to get information example: internet, classifieds, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. The particular book that recommended to you is The Healthy Workplace: How to Improve the Well-Being of Your Employees---and Boost Your Company's Bottom Line this reserve consist a lot of the information from the condition of this world now. This kind of book was represented how does the world has grown up. The words styles that writer require to explain it is easy to understand. The actual writer made some research when he makes this book. That is why this book suitable all of you.

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