

## **Business Savings through Healthier staff**

*Often business owners or senior management, neglect the importance of their own health. This can lead to a weakness in the business. Senior staff and business owners should never forget that their own bodies are their most valuable income or profit producing vehicle they own. A simple investment of resources into their health may provide a great reward in long term through continued income and profits.*

**Additionally to making health and lifestyle changes to the management team, leading businesses are now implementing programs to make their staff healthier. The reasons why are simple. They include less absenteeism, reduction in injuries, fast recovery rates from injuries and greater staff productivity levels. All improvements which any business management team would want to implement effectively now.**

**A great program implementing healthier staff should meet the businesses resources and budget, be voluntary and confidential, meet specific goals of the business and be easily evaluated or monitored.**

**Simple features in such a program include:**

- **Onsite gym and recreation facilities**
- **Health checks and fitness testing**
- **Educational programs on weight loss, sleep, movement or breathing improvement, better training and nutrition.**

**For further information on implementing a program to help your business performance through healthier staff call Body and Business Coach - Romeo Caporaso from [www.BodyandBusinessBalance.com.au](http://www.BodyandBusinessBalance.com.au) on 08 83374460 for a free initial consultation.**

