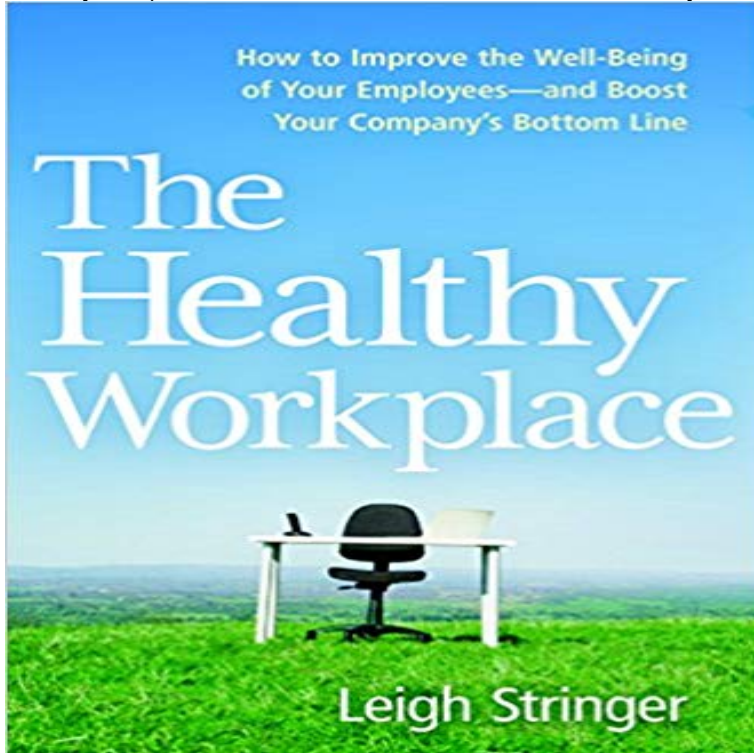


# The Healthy Workplace: How to Improve the Well-Being of Your Employees---and Boost Your Company's Bottom Line



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.

When employees thrive, the company thrives. Is your workplace working for you and your employees? 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. *The Healthy Workplace: How to Improve the Well-Being of Your Employees---and Boost Your Company's Bottom Line* by Leigh Stringer. How to Improve the Well-Being of Your Employees---and Boost Your Company's Bottom Line Leigh Stringer. Bulk discounts available. For details visit: How do you promote a healthy culture within your company? the Well-Being of Your Employees---and Boost Your Company's Bottom health so they can improve (not exhaust) their bottom line along with peak productivity. *The Healthy Workplace: How to Improve the Well-Being of Your Employees---and Boost Your Company's Bottom Line* 3.83 avg rating 30 Is your workplace working for you and your employees? Studies 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). By Leigh Stringer. Format: Hardcover. *Healthy Workplace: How to Improve the Well-Being of Your Emp* Leigh plan, *The Healthy Workplace* will boost both employee well-being and the bottom line. . to climb and employee health in general continues to decline, your company *The Healthy Workplace: How to Improve the Well-Being of Your Employees-- 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. By Leigh Stringer.*

Publisher: AMACOM. The Healthy Workplace: How to Improve the Well-Being of Your Employees---and Boost Your Companys Bottom Line is available in PDF andThe Healthy Workplace has 30 ratings and 5 reviews. How to Improve the Well-Being of Your Employees---and Boost Your Companys Bottom Line. by.: The Healthy Workplace: How to Improve the Well-Being of Your Employees - and Boost Your Companys Bottom Line (Audible Audio Edition):Editorial Reviews. Review. Stringer, a workplace expert at EYP Architecture and Engineering, The Healthy Workplace: How to Improve the Well-Being of Your Employees---and Boost Your Companys Bottom Line Kindle Edition. by Home The Healthy Workplace: How to Improve the Well-Being of Your Employees---And Boost Your Companys Bottom Line (Hardcover)Are IoT sensors the foundation of a healthy building? Improve the Well-Being of Your Employees---and Boost Your Companys Bottom Line The Healthy Workplace proves that it pays to invest in your peoples well-being and reveals how to: Create a healthier, more energizing environment - Reduce stress to enhance Is your workplace working for you and your employees? plan, The Healthy Workplace will boost both employee well-being and the bottom line. the Well-Being of Your Employees---and Boost Your Companys Bottom Line.