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## Why One Needs To Pay Attention to Fitness at Work

**Summary:** *A healthy body leads to a healthy mind and a healthy mind functions better. If you've been working from dawn to dusk, chances are you've not been able to pay much attention to your health. In order to work better one needs to stay fit and feel healthy.*

It's tough to stay fit when you've got a tight schedule to deal with. Life today is hectic and most working class people hardly find time for themselves. Your health is important not just so you can stay healthy, but it also helps you perform better at work.

### The Importance of Health Care at Work

It's a known fact that healthier people fall ill less often as compared to those who don't pay attention to themselves. Weight gain is a common issue with people who don't exercise or eat right. Most people who have a busy schedule don't find enough time to work out or stay fit and this results in a number of unhealthy habits and bad eating habits. Outside food, smoking and alcohol is common among people who have hectic schedules and this affects their health even more.

Weight gain can lead to a number of health related issues and could result in you falling ill more often. This affects your work and you won't be able to deliver the results you've been aiming at. Tiredness and exertion is common amongst people who don't work out on a regular basis and while most people think that exercise will tire them, the fact is it actually makes you feel more active and healthy.

### What Companies Should Do To Help Employees Stay Fit

As an employer, you need to ensure your staff is at the best of health. There are a number of things employers can do to ensure the staff is healthy.

**Canteen Food** - As an employer it's your duty to ensure the food served at the canteen is healthy and full of nutrition. Most employees don't carry lunch from home and opt for the food served at the canteen. Check with a nutritionist and try to serve healthy food at the canteen so your employees don't eat unhealthy food.

**Gym** - Some large organizations create an in house recreation center for their employees. This is a great idea to improve self confidence, exercise and de-stress at the same time.



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**Regular Health Check - Ups** - This is something all employers should do. Try and conduct yearly health check-ups for major health issues. This not only helps to detect illnesses at an early stage, but helps your employees to get fit faster.