

# **Advantages of being fit in a workplace**

- 1) Fit employees are less likely to get sick (reduces absenteeism)
- 2) Fit employees have more energy - hence can work for longer periods - cope with highly stressful pressures/deadlines
- 3) Fit employees are more confident & confident
- 4) Fit employees tend set goals & achieve them
- 5) Encouraging fitness - shows true concern for employee well-being