



Why physical wellbeing matters in the workplace

The Quick-Start Guide to prioritizing physical fitness for your team





Investing in your team's physical health doesn't just benefit your employees—it can transform your entire organization.

Energized employees are more productive, creative, and engaged, all contributing to your company's success.

When you prioritize physical wellbeing, you help employees stay healthy, lower stress levels, reduce the risk of illness, and boost energy. It's a win for both individuals and the business.

Questions for L&D Leaders

- ▶ What steps have we taken to build a culture of physical wellness within the organization?
- ▶ How do our current sick day statistics look? Can we plan to track and compare them six months from now?
- ▶ Do we regularly seek feedback from employees on their physical wellness needs and preferences?



Employees who are physically active have lower healthcare costs, require less sick leave, and are more productive at work. Specifically . . . **employees who get at least 75 minutes of vigorous-intensity physical activity per week miss an average of 4.1 fewer days of work per year.**

– [Workplace Health Research Network](#)

Steps to boost physical fitness at work

Step 1: Survey your team

Start by gathering feedback through surveys to understand employee needs and wellness interests.

Step 2: Get things moving by promoting movement

Encourage physical activity throughout the day with walking meetings, stretch breaks, or stand-up gatherings. Train managers to support movement—even a 15-minute walk can boost brain power!

Step 3: Build on what you already have

Enhance your existing workspace by making it more activity-friendly. Think walkable paths, stretch zones, refillable water stations, and healthier food options.

Step 4: Educate and inspire

Offer workshops, book clubs, or OpenSesame online training courses on the benefits of movement, nutrition, and good sleep habits. Help employees understand why wellness matters.

Step 5: Let employees set personal goals

Encourage everyone to set individual wellness goals that are achievable and meaningful to them. (Pro tip: Check out the CDC's physical activity guidelines for ideas!)

Step 6: Monitor and always be improving

Use surveys, feedback, and team discussions to track progress and identify areas for improvement. Monitoring helps ensure your program is working and continuously evolving.

Ideas for workplace physical wellness incentives



Insurance premium discounts:

Reward employees who participate in health assessments and biometric screenings or maintain certain health metrics



Paid Time Off (PTO) for health activities



Fitness reimbursements and subsidies



Healthy meals and snack options:

Make it easy to make good choices. Subsidize or provide free healthy meal options in the company cafeteria or snack rooms.



Wellness challenges with prizes:

Weekly Healthy Habit Tracker or wellness challenges with prizes such as gift cards, extra vacation days, or wellness-related products.



On-site wellness services: Free or discounted access to yoga, massage, or mindfulness sessions.



Health Savings Account (HSA) contributions



Transportation benefits: Provide incentives for biking, walking, or carpooling to work, such as premium parking spots, bike racks, or even financial bonuses.

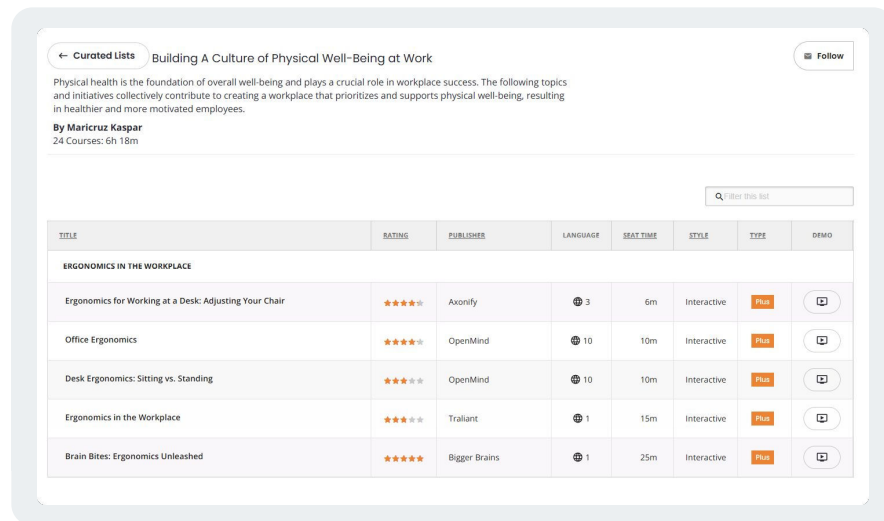
All this and ongoing support for your team at OpenSesame

Have questions about this guide or our resources? Want to collaborate with the curation team on a custom Wellness training plan using the OpenSesame catalog?

We're here for you! Reach out to your Customer Success Manager today!

Here's our OpenSesame Select List of 50 curated courses to support your team:

Building A Culture of Physical Well-being at Work



The screenshot shows a curated list of courses. At the top, there is a breadcrumb trail: ← Curated Lists Building A Culture of Physical Well-being at Work. Below this is a description: "Physical health is the foundation of overall well-being and plays a crucial role in workplace success. The following topics and initiatives collectively contribute to creating a workplace that prioritizes and supports physical well-being, resulting in healthier and more motivated employees." The list is attributed to Maricruz Kaspar, with 24 courses totaling 6h 18m. A search bar labeled "Filter this list" is present. The main content is a table with columns: TITLE, RATING, PUBLISHER, LANGUAGE, SEAT TIME, STYLE, TYPE, and DEMO.

TITLE	RATING	PUBLISHER	LANGUAGE	SEAT TIME	STYLE	TYPE	DEMO
ERGONOMICS IN THE WORKPLACE							
Ergonomics for Working at a Desk: Adjusting Your Chair	★★★★☆	Axonify	🌐 3	6m	Interactive	Plus	📄
Office Ergonomics	★★★★☆	OpenMind	🌐 10	10m	Interactive	Plus	📄
Desk Ergonomics: Sitting vs. Standing	★★★★☆	OpenMind	🌐 10	10m	Interactive	Plus	📄
Ergonomics in the Workplace	★★★★☆	Tralliant	🌐 1	15m	Interactive	Plus	📄
Brain Bites: Ergonomics Unleashed	★★★★☆	Bigger Brains	🌐 1	25m	Interactive	Plus	📄



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