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Memo

To: Chris N. Charge, Department Manager

From: Jonathan B., HR supervisor

Subject: Ideas for a healthier worker

Date January 31, 2016

Today, the American worker is seen as one of the unhealthiest employee workforce in the world. Americans have developed bad habits of drinking, smoking and poor diets coupled with no exercise that has significantly hindered their performance in the workplace. In response to this dilemma, I have generated a few ideas to improve the health and the overall wellbeing of our employees.

In House Kitchen:

Many of our workers will leave the office on lunch in search of a meal. The majority of restaurants that surround our office are fast food locations and the few healthier restaurants take too much time for the meal to be made and finished on a lunch break.

- Having an in house kitchen allows for the employees to have a lunch option that is in the office and takes minimal time to get a nutritious meal.
 - Stocking the kitchen with healthy whole foods of both ingredients and small ready-made meals that employees can use to make themselves a lunch or quick healthy snack.
 - Offering this ease of use will excite the employee to get up and walk over to the kitchen to make a meal that is healthy for them.
- Hiring a personal chef for an allotted 1 to 2 hours who creates small healthy lunch meals that the employees can look forward to.
 - Employees will be more excited to stay in the office and walk over on lunch to see what the chef has cooked for lunch that day.
 - Having a personal chef will ensure far healthier choices than going to a fast food restaurant.
 - Employees who are unable to make it to lunch could place an order to reserve a prepared lunch by the chef.
- Employees have a social spot within the office where they can go on break or during lunch to relax and socialize.
 - Our employees can walk down to the kitchen on lunch and actually socialize and bond with fellow employees instead of leaving to go find a meal and neglect each other.
 - Employees also have a location they can walk over to when they are on a break instead of sitting at their desk.

Having a Gym:

A lot of people neglect working out and thus have an unhealthy body. Employees neglect going to a gym solely from a busy work schedule. Having a gym within our office will empower and motivate our employees to become more active.

- Having a gymnasium in the office will make working out and becoming more active less of a chore for our employees.
 - Many of our employees can use the gym before work or after work without having to go home then drive back to the gym.
 - This convenience will generate more excitement to come to work because they can exercise after they have completed the day.
 - Providing the employees with Fitbit heart rate monitors they can wear on their wrists that help track many life signs from heart rate and even step count.
- The Gym will be fully equipped with plenty of exercise equipment for all styles of activity.
 - Employees can go into the gym and try a wide variety of exercise techniques and methods.
 - Having a wide selection of weights and cardio equipment creates hundreds of possibilities for extensive training to simply walking on a treadmill.
- Excitement in the office will greatly increase as people have another health option.
 - Employees will become excited to come to work because they have an avenue to workout and burn calories and get into a healthier lifestyle.
 - Having a gym will greatly reduce stress on the employee as studies have shown that working out and being active greatly reduce health risks and internal stress by releasing endorphins.

Constant Health Awareness:

Creating and implementing health awareness for the employees has opened the door of knowledge to the employees by making them aware of the positive and negative health choices they make.

- Having motivational signs around walkways can motivate employees.

- Placing walking and calorie counter signs around a stairwell can help to give employees an idea about how many calories they burn by simply taking the stairs.
 - Having several motivational messages on doorways and small signs around the office that can make the employee feel a sense of empowerment and mental wellbeing.
- Having presentations and flyers about current health trends can inspire and motivate employees to try new health kicks.
- During meetings a small 5-minute presentation can be displayed to show a bad habit or show possible ways to improve one health.
 - Brochures can be handed out that are informative and give health conscious ideas to employees so they can be more informed about the health choices they make.

There is no surprise that today's worker is unhealthy both physically and mentally but instilling and working towards some of the ideas above I believe our employees will be healthier and happier.



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