

Why the Workplace is the Right Place to Cultivate Healthy Habits

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A low-angle, close-up shot of a person's legs and feet while running on a paved path. The focus is on the sole of a brown running shoe in the foreground, showing a pattern of raised rectangular studs. The runner is wearing white socks and a black wristband. The background is a bright, sunny outdoor setting with a blurred path and greenery, creating a warm, golden-hour atmosphere.

**“WELL-BEING IS THE MOST
SIGNIFICANT PREDICTOR OF
PRODUCTIVITY.”**

"Comparing the Contributions of Well-Being and Disease Status to
Employee Productivity." JOEM, 56(3): 252-257.

PEOPLE AREN'T THRIVING IN LIFE OR AT WORK

70%

of US workers are disengaged
(83% globally)



21% lower productivity

22% lower profitability

37% more absenteeism

48% more safety incidents

\$550B in annual costs





HABITS *real*

DRIVE

that matter

“Habits determine how you live your life, ...

40-45% of our activities are habits.

Which means if you don't get your habits right, you won't reach your goals.

RESULTS

*Charles Duhigg, **The Power of Habit***

FORMING HEALTHY HABITS: 5 KEY FACTORS



Source: **BJ Fogg, Ph.D.**

A woman with dark hair tied in a bun, wearing a dark pinstriped blazer, is smiling and looking to her right. In the background, a man in a blue shirt is blurred. The overall scene is a professional workplace setting.

Why The Workplace Is The Right Place



REPLENISHED, ENGAGED, PRODUCTIVE PEOPLE

1440 HABIT-BUILDING INTERACTIONS
PER MEMBER PER YEAR

67% EMPLOYEES SAY THEIR COMPANY
IS A **BETTER PLACE TO WORK**

30% EMPLOYEES SAY THEY TAKE MANY
FEWER SICK DAYS

46% EMPLOYEES SAY THEY'RE **MORE
ENGAGED AT WORK**

44% EMPLOYEES SAY THEY'RE **MORE
PRODUCTIVE AT WORK**



50%

*reduction in
safety incidents*

57%

*increase in use
of other HR
benefits*

80%

*reduction in one-
off incentives
costs*

*Healthcare
Cost ROI*
3-5.4x

**Take care of your employees.
They'll take care of your business.**

