



Workforce Management – Wellness Programs

The Challenge

As part of the Move It Lose It Live Healthy program, 99 participants from a logistics and distribution company were challenged to make positive lifestyle changes by eating healthy and exercising regularly for the period of one year.

The Results

The company concluded that the Move It Lose It Live Healthy program significantly benefited the workforce, and 97% of the participants would recommend it to others. Overall, the program proved its success because:

- 25% reported a decrease in blood pressure, sugar, and/or blood lipid profile with one person reporting a drop from 160/95 to 130/70.
- 53% of participants lost weight (average of 7.8 pounds for males and 8.8 pounds for females)
- 17% maintained their weight throughout the year
- Feedback showed a general decrease in joint pain, an increase in physical fitness, and an increase in self esteem