

Workout in a Bag™

It is often difficult for many types of employees, depending on the nature of their work, to stay physically active during their workday. Workout in a Bag™ is a customized exercise program created by HealthForce specifically for these workers. Since employees in certain jobs and industries often tend to be sedentary, the first objective of Workout in a Bag is to increase their awareness and understanding of basic strengthening exercises, including the important benefits of such activities.

Workout in a Bag gives your employees the information, motivation and resources they need to stay active and improve their health. Based on a thorough, on-site analysis of the tasks and functions of the designated job types for your organization, HealthForce workplace health and wellness experts can design a stretching and strengthening program specifically for your employees.

The program gives employees some simple exercises they can perform during their breaks, at other convenient times during the workday, or even at home. Each bag typically contains an illustrated booklet of sample exercises and stretches customized for the identified employee population. These workouts have been shown to significantly reduce the likelihood of soft-tissue injuries among workers. Each bag also includes stretchable exercise bands of varying levels of resistance.

Features

- » On-site job observations, conducted by one of our worksite health and fitness experts, for as many different job types as you choose to designate
- » Design of a customized exercise program for each individual job type based on the expert's observations, the specific job demands, and the identified needs of your employee population
- » Design and purchase of all necessary supplies, including stretchable exercise bands and small, portable bags with your organization's logo
- » Design and assembly of quick-reference sheets or booklets with photos to illustrate and explain each exercise the employee should perform
- » Assistance with identifying vendors and resources if needed
- » Assembly of all supplies and information, as well as distribution to the targeted employees
- » On-site orientation, training and demonstrations of customized exercise programs to familiarize employees with the exercises
- » Development of an incentive program to motivate and support employees (specific rewards and criteria to be determined) and ensure their continued participation and success in the program

Customer benefits

By supplying employees with the customized information and easy-to-use tools they need to become more physically active on a daily basis, Workout in a Bag enables organizations like yours to achieve:

- » improved employee strength, flexibility and productivity,
- » reduced healthcare expenses, and fewer workers' compensation and disability claims,
- » fewer strains, sprains and other work-related injuries, and
- » greater employee awareness of proactive techniques for preventing injuries.



Workout in a Bag provides the essential tools and information employees need to become more physically active, improve their health and productivity, prevent injuries, and reduce healthcare expenses.



Each employee receives an illustrated booklet of recommended exercises and stretches based on our on-site job observations, the employee's specific job duties, and other needs identified for the population.

About HealthForce

HealthForce is a single-source provider of workplace health solutions, serving thousands of local, regional and national employers. We are an innovator in employee health, offering superior care to injured and ill employees, and designing and delivering workplace health services to improve employee health and productivity.

HealthForce Partners
11805 North Creek Parkway S.
Suite 113
Bothell, WA 98011
425 806 5700
www.HealthForcePartners.com