

Why Your Employees' Health Matters

RESEARCH SHOWS: HEALTHY EMPLOYEES ARE PRODUCTIVE EMPLOYEES

Health promotion is an investment in human capital. Studies show an **increase in employee productivity by 11%** and a **reduction in absenteeism of 1.8 days per employee** upon the introduction of a wellness program. By proactively engaging your employees in a worksite wellness program, you can enhance employee performance and improve your bottom line.

Effortless Worksite Wellness

By using our **Get Moving, Get Healthy NJ Workforce program**, you get customizable formatting to meet the needs of your business, all while saving you the time and money that other programs may require.

Who is FCHS, Rutgers Cooperative Extension?

As the health and wellness component of **Rutgers Cooperative Extension**, FCHS combines research and practical advice to help Gloucester County residents stay healthy, enjoy life, be active and reduce health care costs. Our programs empower consumers to make informed health decisions and educate professionals in health promotion and school wellness.

We conduct research and offer programs, workshops, publications, and on-line learning opportunities to schools, local agencies, organizations, and businesses. Visit our web site for more information about the services we provide.

NJAES.RUTGERS.EDU/FCHS

The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of age, race, creed, color, national origin, ancestry, marital status, affectional or sexual orientation, gender identity or expression, disability, nationality or sex in admission to, access to, or operations of its programs, services, activities or in its employment practices. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the EEO office at (856) 384 6903 or through the County's ADA Coordinator at (856) 384 6842/New Jersey Relay Service 711.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Country Board of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

GET MOVING, GET HEALTHY NJ WORKFORCE

Affordable Worksite Wellness for Every Business

Family & Community Health Sciences (FCHS)

Rutgers Cooperative Extension

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Join Get Moving, Get Healthy NJ Workforce

A Unique Approach to Worksite Wellness

A growing number of New Jersey businesses already rely on **Get Moving, Get Healthy NJ Workforce** to make wellness a priority at their companies. By combining employee health with financial fitness, our program takes a unique approach to worksite wellness that no other program offers. And, with free and customizable 12-week, online formatting, it's an easy and pain-free way to administer and track your worksite wellness program.

Get Moving, Get Healthy NJ Workforce gives employers a no-cost tool to provide

employees with credible health promotion strategies. We equip participants with the knowledge and tools they need to improve financial fitness and prevent or reduce chronic illness and disability, so they can live longer, be healthier and be more productive while reducing their risk of heart disease, cancer, diabetes and obesity. Our goal is to empower employees to build a foundation of good health and personal finance.

What Participants Are Saying

A recent survey of **Get Moving, Get Healthy NJ Workforce** participants revealed that

- 59% reported eating a healthier diet
- 67% now take time to exercise more than 3 times per week
- 48% reported being able to decrease their debt.

How the Program Works:

Step 1: Choose a start date and advertise.

Step 2: Employees sign up online using our registration link.

Step 3: We send weekly wellness emails directly to your employees.

Step 4: Collaborate with your FCHS educator to include personalized, complementary programs, such as: *Lunch and Learns, Family Cooking Workshops*, and setting up an on-site wellness council.

Step 5: At the end of the 12-weeks, employers receive a summary report with employee wellness outcomes.

Topics Include:

- Stress Reduction
- Incorporating Routine Physical Activity
- Healthy Eating Made Easy
- Financial Goal Setting
- Taking Action to Lower Expenses

Contact FCHS today at 856-307-6450, extension #2 to schedule your program.

FCHS
Family & Community
Health Sciences

**FCHS...Promoting
Healthy Families,
Schools,
and Communities**

