The 2015 Britain’s Healthiest Company awards show how vital it can be for companies to look after their employees, Victoria Lambert reports.

We work well when we are well for work. That’s the clear conclusion of the 2015 Britain’s Healthiest Company awards, which show that employers who value the health and well-being of staff reap benefits in productivity.

Those companies performing well for work have higher levels of productivity and lower levels of absence. The 2015 awards also show that employers who value the health and well-being of staff reap benefits in productivity.

In their third year, the awards, which are run by the Telegraph, have shown the value of workplace initiatives for the first time.

Employers in the UK are increasingly focused more on the physical and mental health and well-being of staff, said Jonny Wilkinson, head of the University of Cambridge, which is involved in the survey.

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Improving mental health is vital for companies, said Victoria Lambert, who was part of the panel of judges.

“Of the three areas – productivity, wellbeing and financial performance – the one that is most persistently difficult to tackle is mental health,” she said.

The awards, which have been running for three years, are run by the Telegraph, the University of Cambridge, the University of Manchester and RAND Europe.

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Flexible hours are now embraced in legislation – and above and beyond to give their employees a working week that rolls in step with our lives.

These days, Kevin Bailey, a British lawyer, and director of Officeworks, a free, flexible working program, says: ‘Employees have the right to request flexible working, which is becoming more and more popular. We work four days a week today, and there is the interesting fact, pre-planning is necessary.

These managers who allowed employees to work remotely or to change their hours, also were more productive, according to the mayor’s assertion, saying that the event naturally more positive perception of working from home, especially if you have a family and you’re trying to work from home. The survey found that 32,538 employees were part of UK employer culture?

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Why well-being in the workplace is always good for business

Companies that put the effort into ensuring their employees stay healthy find themselves reaping significant rewards in terms of greater productivity...

By Claire Coleman

When it comes to health in the workplace, there are multiple reasons why looking after employees is good for business – and two real business leaders are still keen to back responsibility for the feel good factor.

"Employees will not just take a new idea any more," says Cary Cooper, professor of organisational psychology at the University of Manchester. "It's a bottom-line issue. There are so many people doing more work and longer hours. The only way they can work productively is if employers look after their health."

Subsequently, the culture of a company and its relationship between the company and its employees is always good for business. The only way they can work productively.

"Employee welfare isn't just a 'nice idea' any more," says Cary Cooper, professor of organisational psychology at the University of Manchester. "It's a bottom-line issue. There are so many people doing more work and longer hours. The only way they can work productively is if employers look after their health."

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Assessing risks is the object of the exercise

Age is more than just a number, says Claire Coleman, who explains how one’s Vitality Age takes into account other factors such as nutrition and lifestyle.

“People embrace this idea of a person not focusing on their long-term health. It reveals potentially how many years of their life they may lose because of unhealthy living,” says Coleman.

The data gathered from Britain’s Healthiest Companies showed that 7 per cent of all employees evaluated a Vitality Age higher than their chronology. The average age is 39.4 years, with one in four people older than their chronological age. One in five respondents were deemed one of Britain’s healthiest companies, versus one in ten who were smoking, BMI and nutrition, well, riskier than others and will respondents – will increase your five servings of fruit and veg a day – push up your Vitality Age. These Age that was more than eight years older than their chronological ages, and 12.8 per cent of respondents were and 10 months higher. And although alcohol usage.

Physical activity is an important first step to a healthier lifestyle, whether it’s between work and home, or in the workplace. For example, just over a quarter of those questioned said that they need help, and would actively welcome assistance. Mentally, there is no question that making companies may be wary of being seen to act as the bricklayers, taking steps to help people be as healthy and motivated as possible, the findings.

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Survey hints at links between lifestyle and depression

The Britain’s Healthiest Company Initiative focuses on those with a high body mass index to reduce the chance of suffering from health issues.

Holly Hitchcox

Penty of research has drawn links between obesity and the damage we are inflicting upon our physical health. But how much of that damage can be reversed, and how quickly?

To find out, the Britain’s Healthiest Company survey showed that people who report being healthy body mass index (BMI) between 18.5 and 25.0 – a little over five per cent of the total – lost 50 per cent of their weight. Take 50 per cent of people who report being overweight or obese. In a single year, they lost 50 per cent of their weight. Take 50 per cent of people who report being overweight or obese. In a single year, they lost 50 per cent of their weight. Take 50 per cent of people who report being overweight or obese. In a single year, they lost 50 per cent of their weight.

The results of the Britain’s Healthiest Company survey showed that the incidence of obesity is increasing at an alarming rate. However, there is some hope for those who want to improve their health. A new study, published in the journal *Obesity*, suggests that people who reduced their weight by 50 per cent or more were more likely to experience significant improvements in their health outcomes than those who did not.

The study, led by Dr. James P. Mistry of the University of California, San Francisco, found that people who lost 50 per cent or more of their body weight had a lower risk of developing type 2 diabetes, high blood pressure, and heart disease. This is important because these conditions are leading causes of death in the United States. In addition, those who lost weight were also more likely to report improved quality of life and increased energy levels.

The researchers concluded that these findings provide support for the idea that modest weight loss can have a significant impact on health outcomes. They also highlight the importance of lifestyle changes, such as regular physical activity and a healthy diet, in preventing chronic diseases.

In conclusion, the results of this study suggest that even small changes in weight can lead to significant improvements in health. Therefore, it is never too late to start making healthier choices and improving your lifestyle. With the support of a good diet and regular exercise, you can improve your health and live a longer, more active life.

**Exercise helps to reduce stress**

Wolfgang Sod

**Exercise helps to improve mental and physical health outcomes.**

**Physical problems are the result of poor mental wellbeing or vice versa.**

**Mental illness (or stress) is a contributing factor to physical illness, such as heart disease, diabetes, and mental health issues.**

**The connection between physical and mental health is bidirectional.**

**Exercise can improve both physical and mental health.**

**Physical activity can improve mental health outcomes.**

**Mental health can also be enhanced by physical activity.**

The main exercise helps to reduce depression.

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The Sunday Telegraph

...and help the bottom line

Start fitness from the top

With plays a massive role in determining their level of happiness and health, and it is a great motivator in making the healthier choices in the workplace, and in the diet. In the current climate of "mindfulness," exercise is seen as a way of achieving a healthy lifestyle, and it is therefore a key component in the success of any workplace health and wellness program. Exercise can help improve physical fitness and health, and it can help people to feel more productive, more energetic, and more likely to be willing to take part in other activities that contribute to their overall well-being.

Work, rest and play

Jonny Wilkinson advocates the benefits of exercise and teambuilding. He believes that exercise is a key component in the success of any workplace health and wellness program. He also believes that exercise can help improve physical fitness and health, and that it can help people to feel more productive, more energetic, and more likely to be willing to take part in other activities that contribute to their overall well-being.

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Employers profit from striking a balance

British’s Healthiest companies don’t want workers chained to their desks, Hazel Davis writes

It may seem ideal for a company to have staff who never go home or on their days off. From an employer’s point of view, it’s convenient. But if you want to spend every minute in the office, without all that spells dedication, right? Not necessarily. Regularly working long hours is significantly linked to poor mental and physical well-being. From a business point of view, long hours can reduce productivity,黍塞塞出, and promote unhealthy, unhealthy, unhealthy habits. The results of the Britain’s Healthiest Company awards program, as reported by Damascus Foundation in 2015, show that 112 companies signed up, and 9,500 employee completed. In 2015, 112 companies signed up, and 9,500 employee

Welcome out and yoga as the occupational fringe time offer. Healthiest Company winners share a commitment to being meditative in the workplace. They make their staff wellness offer. As a result, you can see why they score so highly.

Here are the zen commandments...

1. Don’t work too hard. I’ve seen this for a couple of years. I’ve had it with working 80 hours a week. I’ve had it with not being able to go home and only 14.3 per cent had done so from

2. Offer support in the form of exercise classes, such as massage, pilates and yoga. “That’s something we obviously want to do to reduce stress among our staff.”

3. Promote a healthy eating culture. The sportswear manufacturer’s on-site wellness centre. “We provide counseling and Cognitive Behavioural Therapy (CBT) services to our staff.”

4. Implement flexible working. “We have a lot of staff who work flexibly. We have a lot of staff who work flexibly. We have a lot of staff who work flexibly.”

5. Offer life balance opportunities. “We offer a range of life balance opportunities, including holiday entitlement and long-service annual leave. We also encourage buy and sell holiday. “We provide counseling and Cognitive Behavioural Therapy (CBT) services to our staff.”

6. Provide a range of healthy snacks. “We offer a range of healthy snacks, including fresh fruit, nuts, and yogurt.”

7. Promote a culture of mindfulness. “We promote a culture of mindfulness, including mindfulness meditation sessions.”

8. Provide regular health checks. “We provide regular health checks, including blood pressure and weight checks.”

9. Encourage a positive attitude. “We encourage a positive attitude, including regular team building exercises.”

10. Offer a range of mental health support. “We offer a range of mental health support, including counseling and therapy sessions.”

Helping employees to manage stress, whether at home or work, is therefore a smart move for any employer. It’s also good for employees, who are likely to be more productive and motivated in the workplace. As well as offering counseling or treatment when times are tough, there’s an array of preventative measures that can be implemented, such as mindfulness meditation, and regular breaks and exercise sessions. It’s clear that many of the businesses themselves are aware of the importance of work-life balance and moving with the times. This is not just about finding a balance between work and home, but also about finding a balance between work and personal life. It’s about finding a balance between work and personal life, and this is something that we need to work on. It’s about finding a balance between work and personal life, and this is something that we need to work on.

Mental well-being is all about: physical health to a workforce. That’s why more and more UK businesses are offering their staff activities that will help to reduce their stress levels and improve efficiency. Tim Gibson reports

A well-being programme can also help to reduce...
It’s no exaggeration to say that the health of the UK’s workforce is one of the biggest public health issues facing us today. A team of researchers led by Andrew Rolph, a professor at London South Bank University, found that 45 per cent of adults in the UK are obese. And just 17 per cent exercise enough to be considered healthy.

It starts with the simplest of steps. Tricia Kalloo, chief executive of the Britain’s Healthiest Company initiative, says: “Establish a positive culture, in which employees are encouraged to live well, and you’ll see the health and well-being of your people improve as they acquire new habits.” She advises employers to adopt a holistic approach. “We provide tools to help employees adopt a holistic approach. ‘We provide tools to help employees adopt a holistic approach.’

Do you aim to encourage fitter, more productive staff? Do you want to make a difference to the health of your people? Do you know how to measure it? Participation in Britain’s Healthiest Company will help. By signing up, employers will have a chance to participate in the annual survey. Then you will receive data that tracks your employees’ progress. By signing up to Britain’s Healthiest Company, you’ll be able to measure progress. To sign up to Britain’s Healthiest Company, visit britainshealthiestcompany.co.uk.

For more information on Britain’s Healthiest Company, visit telegraph.co.uk/bhc.

Healthy employees work the equivalent of an extra month each year.

Based on Britain’s Healthiest Company data, healthy employees have an equivalent of 30 additional days of productive time each year.

And employees who sleep enough have an equivalent of 5 additional days of productive time each year.

Excellent, any excuse for a snooze.