

ninations

om

Business First welcomes guest commentary.

Send op-ed questions or ideas to Editor Shea Van Hoy at [svanhoy@bizjournals.com](mailto:svanhoy@bizjournals.com)

## OPINION

# Investing in employee wellness boosts recruitment, retention, revenue

**J**ust imagine how your company might look with a healthy, productive workforce that's energized, committed and satisfied in their work.

Studies have proven a healthier workforce is more productive, happier in their work and clocks fewer hours of lost time due to illness. In fact, according to the CDC, well-implemented workplace health programs can lead to 25% savings each on absenteeism, health care costs, and workers' compensation and disability management claims costs.

As companies struggle to fill positions, offering work-life balance incentives like health and wellness initiatives make organizations more attractive to top candidates. In our practice, we help C-suite execs understand what it takes to stay on top of their game and, in turn, create a culture of health in their workplace.

We regularly work with leadership teams, improving their overall performance, energy, cognition and wellbeing.

### Jeff's story

Like so many of us, Jeff was busy with work, family and daily obligations and didn't make health a priority. Although he was overweight and felt sluggish and depressed, he lacked the support, motivation and knowledge to improve his health.

A company sponsored wellness program could have filled this gap providing Jeff with the tools he needed.

Recently retired from a career in manufacturing, Jeff decided to commit to making significant lifestyle changes to improve his overall health and wellness. Through a combination of exercise, nutrition, peptide therapy, regenerative devices, advanced nutritional supplementation and expert guidance, his body composition, weight, mobility, cognition, mood, appearance and overall wellness drastically improved.

In three months, Jeff lost 47 pounds including a 4.4% decrease in overall body fat percentage and



GETTY IMAGES

experienced a 10-pound decrease in visceral fat – the dangerous fat that surrounds your internal organs.

Not only does he have more energy, he feels better and is able to do more of the things he loves.

Like Jeff, we know some of the things we should do to care for our bodies, but many times lack the tools to do it. This is where employers play a significant role by providing education, support and opportunities for employees to improve their health and wellness.

### Aging optimally

We all want to age well and live our best lives, which is why it's so important to become educated and informed. A few things to remember:

- ▶ As we age, it's especially important to keep our hormone levels working like a symphony. When out of balance we may experience some of the same problems Jeff faced – weight gain, brain fog, depression, lack of mobility and functionality and sleep difficulties.

- ▶ Living the Paleo Mediterranean lifestyle – which incorporates



Terri Paige, CEO and Dr. Carl Paige, chief medical officer, are co-founders of Medical Transformation Center, a regional hub of innovation, advancing optimal health.

clean eating, stress management, regular exercise and lifestyle changes in a whole-person approach to health – can greatly improve hormone levels and help us age optimally.

- ▶ Loss of muscle, which comes with aging, can lead to poor functionality and blood circulation, increase in fall risk, addition of visceral body fat and weight gain. To help maintain and improve muscle mass, we recommend a combination of exercise, advanced supplementation and nutrition, along with the addition of regenerative treatments.

### Reaping the rewards

As the cost of health care continues to rise, businesses must look for new ways to help prevent illness. Companies that invest in the physical and mental health of their staff will reap the rewards of a productive, motivated, and satisfied workforce.

You're never too old or too young to exchange bad habits for healthy ones and enjoy the rewards of a healthy lifestyle.

500 W. Jefferson St., Suite  
Louisville, KY, 40202  
502-498-1920  
[LouisvilleBusinessFirst.com](http://LouisvilleBusinessFirst.com)

**Lisa Benson**  
President and Publisher  
[lisabenson@bizjournals.com](mailto:lisabenson@bizjournals.com)  
502-498-1958

## NEWSROOM

**Editor-in-chief**  
Shea Van Hoy,  
[svanhoy@bizjournals.com](mailto:svanhoy@bizjournals.com)  
502-498-1970

**Managing editor**  
David A. Mann,  
[dmann@bizjournals.com](mailto:dmann@bizjournals.com)  
502-498-1979

**Special sections and research editor**  
Allison Saines,  
[astines@bizjournals.com](mailto:astines@bizjournals.com)  
502-498-1973

**Digital editor**  
Zak Owens,  
[zowens@bizjournals.com](mailto:zowens@bizjournals.com)  
502-498-1954

**Photojournalist**  
Christopher Fryer,  
[cfryer@bizjournals.com](mailto:cfryer@bizjournals.com)  
502-498-1948

**Senior Designer**  
Matt Haesly,  
[mhaesly@bizjournals.com](mailto:mhaesly@bizjournals.com)

**Designer**  
Leah Samol,  
[lsamol@bizjournals.com](mailto:lsamol@bizjournals.com)

**Reporters**  
Piper Hanson,  
[phansens@bizjournals.com](mailto:phansens@bizjournals.com)  
502-498-1932

Michael L. Jones,  
[mjones@bizjournals.com](mailto:mjones@bizjournals.com)  
502-498-1922

Stephen P. Schmidt,  
[sschmidt@bizjournals.com](mailto:sschmidt@bizjournals.com)  
502-498-1974  
Joel Stinnett,  
[jstinnett@bizjournals.com](mailto:jstinnett@bizjournals.com)  
502-498-1968

## ADVERTISING

**Advertising director**  
Doug James,  
[djames@bizjournals.com](mailto:djames@bizjournals.com)  
502-498-1970

**Senior account manager**  
Krysteen Cissell,  
[kcissell@bizjournals.com](mailto:kcissell@bizjournals.com)  
502-498-1937

Patty Meisel,  
[pmetzel@bizjournals.com](mailto:pmetzel@bizjournals.com)  
502-498-1964

**Advertising consultant**  
Lakin Wesley,  
[lwesley@bizjournals.com](mailto:lwesley@bizjournals.com)  
502-498-1975

**Business Marketplace manager**  
Amy Ackermann,  
[aackermann@bizjournals.com](mailto:aackermann@bizjournals.com)  
502-498-1931

## EVENTS

**Events director**  
David Bingham,  
[dbingham@bizjournals.com](mailto:dbingham@bizjournals.com)  
502-498-1960

## ADMINISTRATION

**Office manager**  
Cheryl Green,  
[cgreen@bizjournals.com](mailto:cgreen@bizjournals.com)  
502-498-1976