



## HEALTHY EMPLOYEES

*As your workers' compensation insurance agency, we recommend the following procedures and services to help minimize your workers' comp costs.*

### ROUTINE FITNESS PROGRAMS

Did you know that you can help prevent injuries by offering your employees an incentive for involvement in a routine fitness program? Studies show this can lead to healthier employees, a lower number of on-the-job injuries and a faster return to work after an injury.

Here are some ideas for setting up a healthy environment in your workplace:

- Establish an office weight-loss contest.
- Offer corporate gym memberships or contribute a set dollar amount toward employees' gym memberships.
- See what your health plan can do for you. Some providers help employees with gym costs by offering discounts or paying all or a portion of the cost.

### LOCAL GYMS

#### Gold's Gym

(850) 385-9712

Mary Barley

*This gym has the ability to set up pre-tax payroll deduction of membership fees for employees and their family members.*

- \$20 per month, per person
- \$20 discount on enrollment fee
- Unlimited guest passes
- 3 locations in Tallahassee
- Traveling pass available

#### Premier Health & Fitness Center

(850) 431-2348

Lynn Harvey

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