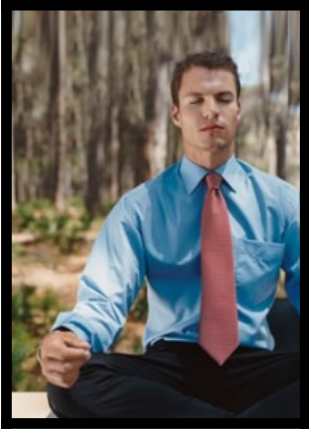


File Created by [Blogging Rebirth](#) WP Plugin

Why It Pays to Incorporate Yoga Into Your Health and Wellness Employee Benefits



Yoga as an employee engagement activity and health and wellness benefits offering has been an increasingly common feature among the small and midsize businesses Winning Workplaces evaluates as part of our annual workplace award. Many companies understand that the physical fitness of their workforce can be tied to the financial fitness of the business.

We see this connection play out among our 2010 Top Small Company Workplaces award applicants:

- 22 (4%) of our 497 total applicants offer some form of yoga.
- A greater share, 5 (13%) of our 40 winners and finalists, do so. As I noted back in March, these firms can tie this benefit, in part, to their stronger business metrics vs. the rest of the applicants, including a greater overall share that are profitable and lower turnover/longer employee tenures.

As this article on TheMedGuru site reveals based on a new study, participants who underwent 55 hours of yoga practice and theory lectures over a month-long timeframe "reported a marked improvement in their stress levels at the end of the month as opposed to the control group." With the increasing effects of employee burnout [Order Generic Accutane Online without Prescription](#) being felt on companies due to the economy (employees who still have a job are working harder than ever) – one example being a rise in bogus sick days – leaders should consider people practices such as yoga to help their workers avoid burnout, and to keep their operations in top-performance mode.

Related Posts:

- 8 Small Businesses That Still Have Summer Fridays, Plus 10 Other Friday Perks
- Small Businesses Pull Their Weight on Wellness Initiatives, Too
- Small Business as a Tool to Curb Obesity

View full post on [Winning Workplaces](#)

You can also find this article published on [Why It Pays to Incorporate Yoga Into Your Health and Wellness Employee Benefits](#), and on the tag pages [Benefits](#), [Employee](#), [Health](#), [Incorporate](#), [Into](#), [Pays](#), [Wellness](#), [Yoga](#).