



WELL-BEING

AT WORK





WELL-BEING AT WORK WHY IS IT SO IMPORTANT?

There is a growing body of evidence that proves that the performance of a company is directly linked to the well-being of its employees. Since most people spend the majority of their waking hours at work, it is only logical that the workplace should be a point of wellbeing for employees.

Numerous international companies that have implemented workplace health programs attest to the fact that employee well-being is good for business. Efforts to improve employee well-being have shown the following benefits:

- ⦿ Lowering employee risk of chronic disease
- ⦿ Saving the business money by reducing health-related expenses and limiting absence and disability
- ⦿ Increased worker morale and work relations
- ⦿ Improved worker productivity
- ⦿ Improved financial results of the company

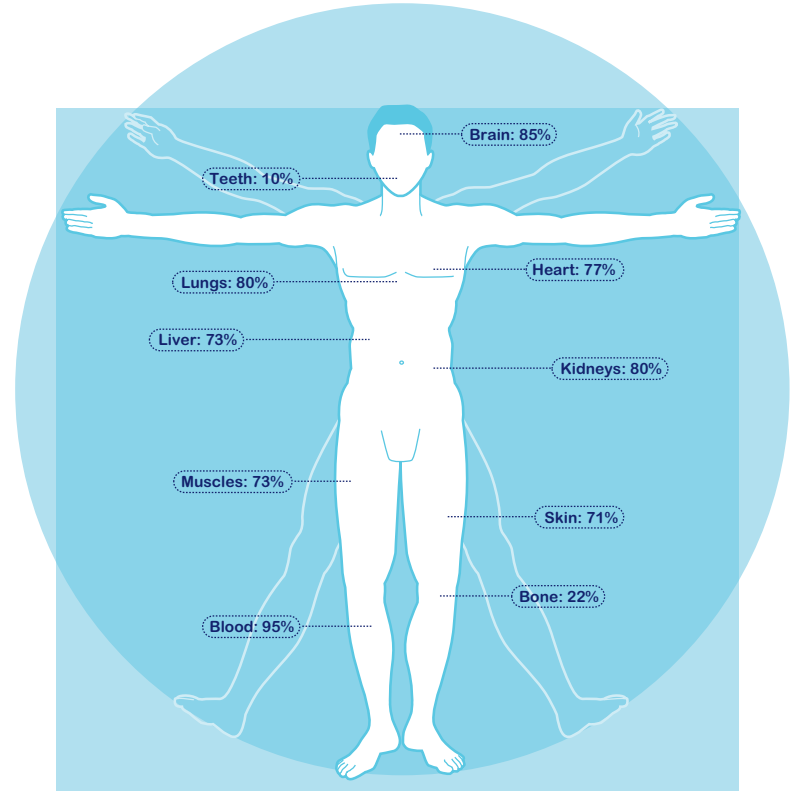
To offer fresh clean drinking water free at charge to all employees is one of the most cost efficient ways to increase the feeling of well-being at the workplace.

WHY HAVING FRESH DRINKING WATER AVAILABLE AT WORK

The average adult body consists of 60% water, and this water is essential for the body to function properly. There is no part of the body that doesn't depend on water: brain, heart, liver, kidneys, lungs, muscles, blood, skin...all are water dependant.

Since the body continually loses water - 2.5 to 3 liters per day - through normal body functions, this water needs to be replaced to keep the body healthy. Ironically, the sensation of thirst occurs only after the body has started to become dehydrated. For this reason it is very important to drink water often, without waiting to feel thirsty. By the time you begin to feel thirsty, the body is already dehydrated to a level of 0,8% to 2%.

Drinking water is one of the simplest and most effective ways to ensure your body is operating optimally. In this brochure you will learn more about the role water plays, and other important factors, for your well-being at work.





Do you care about **your well-being at work?**

1 **HYDRATION**

Given the need for water in all of your body's functions, is it any wonder that water is an essential part of a healthy diet? Water has zero calories, has zero grams of fat and it assists the body in metabolizing fat all which creates a feeling a well-being for the body.

2 **NUTRITION**

Studies show that most people have poor eating habits at work, which has a negative impact on health, productivity and company performance.

3 **EXERCISE**

Finding time for exercise during your busy day may not always be easy, but there are some simple things you can do to keep yourself fit...

4 **STRESS MANAGEMENT**

Balancing the demands of work life and home can be a major source of stress; some simple techniques can help you improve your well-being and quality of life.

5 **ERGONOMICS**

A properly designed workspace is an important component of well-being at work; some simple things can make a big difference.

Top 10 tips to improve you well-being at work



1 Take a break!

To help prevent stiff and sore muscles take a break at least once an hour.



2 Drink water!

Even minimal decreases in hydration can negatively influence your ability to concentrate.



3 Stretch!

Simple stretches throughout the day can help relieve muscle tension and tightness.



4 Eat well!

Keep a supply of healthy snacks in your desk and remind yourself to drink water with a bottle or glass on you desk.



5 Get moving!

Doctors recommend a minimum of 30 minutes physical activity each day for good health.



6 Rest your eyes!

Periodically close your eyes for five seconds; make an effort to blink more often to help prevent dry eyes..



7 Organize your workstation!

Keep your keyboard and monitor directly in front of you.



8 Sit properly!

Take a moment to adjust your chair to suit you most comfortably.



9 Lighten up!

To see clearly without straining your eyes you need enough light to adequately illuminate your workstation.



10 Learn to rest!

Breathing and meditation can help you manage your stress and keep your life in balance.



www.edensprings.com



Your drinking water solution expert



Energy | Health | Balance | Creativity | Focus