<h1>Impact Health the Organization</h1>

<h2>The Link between Health and Work Performance</h2>

<p>Workplace health has progressed from being a ‘nice to have’ and ‘the right thing to do’ to become an integral component of performance strategy. It’s self-evident that healthy employees make for healthy organisations and you can not have one without the other!

The evidence is clear that employees benefit from participating in workplace health programmes which in turn leads to a greater sense of engagement within the organisation. Employees report improved health awareness and knowledge, improved physical and mental wellbeing and resilience, increased energy and vitality, increased enjoyment and fulfilment, improved concentration and productivity and improved team relationships.</p>

<h1>For employers the benefits of a workplace health programme are multifactorial and include:</h1>

<ul class="points">

<li>Improved Productivity</li>

<li>Increased Creativity and Innovation</li>

<li>Improved Staff Morale and Organisational Harmony</li>

<li>Reduced Workplace Injury and ACC Costs</li>

<li>Reduced Absenteeism</li>

<li>Reduced Presenteeism- health related work impairment</li>

<li>Improved Staff Retention and Corporate Image</li>

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