



Promoting Wellness in the Workplace

with
Sarah Harris

Sarah is a versatile **Certified Functional Strength Trainer**. She has worked in a corporate environment and is interested in using her health and fitness background to provide knowledge and the tools to enhance employee wellness. Her sessions provide companies with an increase in productivity and decrease in absenteeism.

Sarah's background stems from the **CHEK Institute** in San Diego, California. The CHEK Institute is a world-renowned Holistic Educational Institute for Personal Trainers, Chiropractors, Physical Therapists and the like. Her certifications with the CHEK institute include **CHEK Practitioner Level 2** and **Nutrition Lifestyle Coach Level 1**.

Sarah is also a **Neuromuscular Therapy Practitioner**, a **Yoga Instructor** and a **Reiki Practitioner**. To further her knowledge base and to better serve her clients, Sarah is currently pursuing a **Diploma in Applied Holistic Nutrition** with the Institute of Holistic Nutrition in Toronto.

To register or to find out more about workplace wellness
please contact **Sarah Harris**

416-519-7749
sarahfitter@hotmail.com



A Healthy Work Environment

- Is Productive and efficient.
- Has a low absentee rate.
- Has Happy, Energetic, Creative and Dynamic employees.
- Has a Team-Oriented workforce.
- Includes Employees that have a greater ability to handle stress.

What is the Current Reality?

“Employees experiencing high work/life conflict (stress) have absenteeism rates more than two times those of other employees, from 5.9 days per year to 13.2 days. The direct costs of absenteeism due to high work-life conflict have been estimated to be in the **\$3 to \$5 billion** range per year.”

Government of Canada Labour Standards Review Board

“It is estimated that employee illness and disability cost Canadian employers **\$16 billion each year.**”

Statistics Canada, Days Lost per Worker by Cause

The Surgeon General has stated that **70% of all illnesses are due to lifestyle-related causes**; in fact, one-half of all medical costs are attributable to illnesses that could be prevented.

The Economic Benefits of Regular Exercise, IHRSA, 1996

“**Back problems** are a leading cause of absenteeism and disability in the corporate environment.”

Fitness in the Workplace: Corporate Challenge, President's Council on Physical Fitness and Sports

Obesity is at an all time high. According to the Canadian Medical Association Journal, “Almost one-third of adult Canadians are at increased risk of disability, disease and premature death because of being obese”. Not only does obesity cause hypertension, diabetes and coronary heart disease, it also prevents a person from living a healthy happy, optimal life.

Road to Optimal Health

In order for an individual to be optimally healthy and productive, stress levels need to be addressed. Stress comes in many forms.

Emotional Work Stress, Family Life, Self- Esteem

Physical Poor posture, Over or Under Exercising, Trauma to joints and muscles

Nutritional Poor Diet, Allergies, Intolerances

Physiological Depression, Anxiety



What Sarah's Sessions Include

Sarah's customized and interactive sessions are designed to help people reduce the stresses that are within their control so they are able to cope with the ones out of their control.

These sessions provide information to assist people in making better choices via:

Nutrition

You are what you eat! Food can provide energy or take it away. We live in a world of non-foods that are heavily processed, genetically modified, chemically grown and hormone induced. These sessions will educate its participants in healthy food choices and eating according to what each individual needs.

Lifestyle Factors

Participants will learn the importance of proper sleep, water intake, nervous system balancing, and relaxation techniques.

Exercise and Proper Posture

Exercise is essential, but Proper Posture? Poor posture takes a tremendous amount of energy to maintain the health of our joints. If posture is out of balance then the muscles must work overtime in order to protect the joints. When the joints remain misaligned they inevitably wear out.