

corporate health and wellness summit

Corporate Health and Wellness Summit: Investing in Your Most Valuable Asset - Your Employees

Are you ready to transform your company culture and boost employee well-being? A corporate health and wellness summit could be the answer. This isn't just another corporate event; it's a strategic investment in your most valuable asset - your employees. This comprehensive guide will explore everything you need to know about planning, executing, and maximizing the impact of a successful corporate health and wellness summit, covering everything from choosing the right speakers to measuring ROI. We'll delve into the benefits, best practices, and even provide actionable steps to make your summit a resounding success. Let's dive in!

Understanding the Importance of a Corporate Health and Wellness Summit

In today's fast-paced business world, employee burnout, stress, and decreased productivity are common challenges. A corporate health and wellness summit directly addresses these issues by providing a dedicated platform to promote well-being, foster a supportive culture, and ultimately improve employee engagement and retention. It's more than just a motivational speech; it's a strategic initiative designed to cultivate a healthier and happier workforce. The benefits extend far beyond employee satisfaction; a healthier workforce translates to increased productivity, reduced absenteeism, lower healthcare costs, and a stronger bottom line.

Planning Your Corporate Health and Wellness Summit: A Step-by-Step Guide

Planning a successful summit requires careful consideration and meticulous execution. Here's a breakdown of the key steps:

1. **Defining Your Objectives and Target Audience:** Before you start, ask yourself: What are your specific goals for the summit? Are you aiming to reduce stress levels, improve physical health, or enhance mental well-being? Clearly defining your objectives will guide your planning process and help you measure the success of your event. Understanding your target audience - their needs, interests, and challenges - is equally crucial in tailoring the summit's content and activities.

1. **Choosing the Right Venue and Date:** Select a venue that's accessible, comfortable,

and aligns with the overall theme and tone of your summit. Consider factors like capacity, amenities (e.g., breakout rooms, catering facilities), and accessibility for attendees with disabilities. The date should be carefully chosen to minimize scheduling conflicts and maximize attendance.

1. **Curating Engaging Content and Speakers:** The heart of your summit lies in its content. Invite inspiring speakers, experts in various health and wellness fields, to deliver engaging presentations. Consider incorporating interactive workshops, breakout sessions, and networking opportunities to foster collaboration and knowledge sharing. Diversify your offerings to cater to different interests and needs, encompassing topics like stress management, nutrition, mindfulness, physical fitness, and work-life balance.
1. **Marketing and Promotion:** Effectively promote your summit to ensure high attendance. Utilize a multi-channel marketing approach, leveraging internal communications (email, intranet), social media platforms, and even print materials if appropriate. Create compelling marketing materials that highlight the key benefits and unique selling points of your summit.
1. **Logistics and On-Site Management:** Pay meticulous attention to logistics – registration, catering, seating arrangements, AV equipment, and any necessary on-site support staff. Ensure a smooth and seamless experience for your attendees. Consider having a dedicated team to handle registration, answer questions, and address any unforeseen issues.
1. **Post-Summit Follow-Up:** Don't let the momentum die after the summit concludes. Send out a follow-up email with key takeaways, resources, and action items. Gather feedback from attendees to gauge the success of the event and identify areas for improvement in future summits. Consider launching ongoing wellness initiatives based on the feedback and insights gained.

Measuring the ROI of Your Corporate Health and Wellness Summit

Measuring the return on investment (ROI) of your summit is crucial to justifying its cost and demonstrating its impact. This can be done through a variety of metrics, including:

Increased Employee Engagement: Measure employee satisfaction and engagement levels

before and after the summit using surveys and feedback mechanisms.

Reduced Absenteeism and Presenteeism: Track changes in employee absenteeism and presenteeism (being physically present but not fully engaged) to quantify the impact on productivity.

Improved Employee Health Metrics: Monitor changes in health indicators such as blood pressure, weight, and stress levels.

Lower Healthcare Costs: Analyze healthcare claims data to identify potential cost savings resulting from improved employee health and well-being.

Increased Productivity and Performance: Track key performance indicators (KPIs) to assess the impact on overall productivity and performance.

Best Practices for a Successful Corporate Health and Wellness Summit

Focus on Inclusivity: Ensure the summit is accessible and inclusive to all employees, regardless of their background, physical abilities, or health conditions.

Encourage Participation: Create a welcoming and supportive environment that encourages active participation from all attendees.

Provide Practical Tools and Resources: Equip attendees with practical tools, resources, and actionable strategies they can use to improve their well-being beyond the summit.

Make it Interactive: Incorporate interactive elements, such as workshops, Q&A sessions, and networking opportunities, to enhance engagement.

Measure and Evaluate: Track key metrics to measure the success of the summit and identify areas for improvement.

Conclusion

A corporate health and wellness summit is a powerful investment in your employees and your organization's success. By carefully planning, executing, and measuring the impact, you can cultivate a healthier, happier, and more productive workforce. Remember, prioritizing employee well-being is not just a trend; it's a strategic imperative for long-term growth and sustainability.

FAQs

1. How much does a corporate health and wellness summit cost? The cost varies significantly depending on factors like the size of the event, venue selection, speaker fees, and catering. It's best to develop a detailed budget based on your specific needs and expectations.
1. How can I ensure high attendance at my summit? Promote your summit through multiple channels, highlighting its unique value proposition and tailoring your messaging to resonate with your target audience. Offer incentives for attendance and make registration easy and convenient.

1. What if my employees are skeptical about attending a wellness summit? Address their concerns proactively by showcasing the benefits and demonstrating the value proposition of the event. Highlight success stories and testimonials from past events.

1. How can I measure the long-term impact of the summit? Conduct follow-up surveys and track key metrics over time to assess the sustained impact on employee well-being, productivity, and healthcare costs.

1. What are some alternative ways to promote wellness within the company if a summit is not feasible? Consider implementing smaller, ongoing wellness initiatives such as lunchtime yoga sessions, health challenges, or mental health awareness programs. These can complement a larger summit or serve as standalone initiatives.

corporate health and wellness summit: Wellbeing at Work Jim Clifton, Jim Harter, 2021-06-01 What if the next global crisis is a mental health pandemic? It is here now. One-third of Americans have shown signs of clinical anxiety or depression, and the current state of suffering globally has risen significantly. The mental health pandemic manifests everywhere, not least in your workplace. As organizations around the world face health and social crises, as well as economic uncertainty, acknowledging and improving wellbeing in your workplace is more critical than ever. Increasingly, leaders and managers must support mental health and cultivate resilience in employees — not just increase engagement and performance. Based on more than 100 million Gallup global interviews, Wellbeing at Work shows you how to do just that. Coauthored by Gallup's CEO and its Chief Workplace Scientist, Wellbeing at Work explores the five key elements of wellbeing — career, social, financial, physical and community — and how organizations can help employees and teams thrive in those elements. The book also gives leaders ideas and action items to help employees use their innate talents and strengths to thrive in each of the wellbeing elements. And Wellbeing at Work introduces a metric to report a person's best possible life: Gallup Net Thriving, which will become the "other stock price" for organizations. In a world where work and life are more blended than ever, maximizing employee wellbeing takes on greater urgency. Wellbeing at Work shows leaders how to create a thriving and resilient culture. If you and your leaders don't change the world, who will? Wellbeing at Work includes a unique code to take the CliftonStrengths assessment, which reveals your top five strengths.

corporate health and wellness summit: Integrative Men's Health MD, MPH Myles D. Spar, MD George E. Munoz, 2014-02-05 As a field, men's health is far behind women's health in terms of the availability of reliable, scientifically based information that men, their partners, and health care providers can rely on when seeking information and treatment. Moreover, integrative approaches are becoming more popular with men whose healthcare providers understand that most of the leading causes of morbidity and mortality in men, including cardiovascular disease, cancer, urologic disease, and sexual dysfunction, can be ameliorated using an integrative approach, with more emphasis on the patient-provider relationship, lifestyle change, and the use of proven

complementary modalities. Integrative Men's Health provides an evidence-based perspective on the health problems that affect men and the ways in which such problems may be prevented or treated utilizing a broad armamentarium of approaches - from conventional tools to complementary modalities. All chapters take into consideration of all the factors that influence men's health including body, mind, and spirit in a way that neither rejects alternative approaches nor accepts any of them uncritically.

corporate health and wellness summit: *Dialed In* Dana Sinclair, 2024-01-02 For readers of Atomic Habits and Grit, a top performance psychologist, who has coached elite athletes, surgeons, and business leaders, shares her proven plan to getting the best results when the pressure is on. What do a major league baseball catcher struggling with pop ups, an operating room doctor tense before a surgery, and a slumping sixteen-year-old tennis prodigy all have in common? They're elite performers who are not achieving excellence, and they're not sure how to improve. Enter Dr. Dana Sinclair. For more than twenty years, Dr. Dana has worked with the best of the best to improve results, from NFL, MLB, NBA, and NHL teams to IndyCar drivers and Olympic athletes. She helps performers shift their focus and deliver optimal performance in high-pressure moments that define greatness. Her methods also work for students and teachers, business leaders and managers—anyone motivated to improve. Her approach is simple: figure out what gets in your way, develop actions to address it in the moment, and then stick to the plan. It's not about how you feel, it's about what you do! Now, for the first time, her method to improve performance is available to everyone. In Part One of *Dialed In*, Dr. Dana shares her key concepts: -the true nature of confidence (it's overrated) -the difference between good routines and unhelpful superstitions -good communicating vs. common bad advice -why character is better than talent, and much more In Part Two, she takes us through her three-step process for making your own performance plans, with five helpful examples to illustrate how it's done. There are also leading questions and quick tips to help you better develop your personalized performance plan for whatever challenges you face. Simple, smart, and effective, *Dialed In* is like having your own performance coach in your back pocket.

corporate health and wellness summit: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 *Health and Wellness Tourism* takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

corporate health and wellness summit: *Taming Toxic People* David Gillespie, 2017-07-25 I didn't know how to deal with the poisonous and toxic people in my life or why they behaved the way they did, so I went looking for an answer. This book is what I found. Bestselling author David Gillespie turns his attention to a phenomenon that damages businesses, seeds mental disease and discomfort and can bring civilisations to the brink of implosion - the psychopath. Psychopaths are often thought of as killers and criminals, but actually five to ten per cent of people are probably psychopathic without ever indulging in a single criminal act. These everyday psychopaths may be charming in the early stages of relationships or employment but, Gillespie argues, their presence in your life is at best disruptive, and at worst highly dangerous: they will leave you feeling cheated and humiliated, dominating and manipulating you to the point where you question your sanity. Worse, he cautions, at a societal level their tendency to gravitate towards positions of power can be disastrous. *Taming Toxic People* is a practical guide to restraining that difficult person in your life, be it your boss, your spouse or a parent. But it is also a serious and meticulously researched warning: if we value a free and well-functioning society, we need to rebuild the sense of community that has historically kept the everyday psychopath in check, and we must understand and act to manage the

psychopathic behaviour in our midst.

corporate health and wellness summit: Walk Your Way to Better Joyce Shulman, 2019-12-26 A compelling personal development book that inspires readers to not just read the words, but to process important messages and thought starters in the environment that enables our brains to work at their very best: while walking.

corporate health and wellness summit: A Doctor's Dozen Catherine Florio Pipas, MD, MPH, 2018-09-04 Burnout affects a third of our population and over half of our health professionals. For the second group, the impact is magnified, as consequences play out not only on a personal level, but also on a societal level and lead to medical errors, suboptimal care, low levels of patient satisfaction, and poor clinical outcomes. Achieving wellbeing requires strategies for change. In this book, Dr. Pipas shares twelve lessons and strategies for improved health that she has learned from patients, students, and colleagues over her twenty years working as a family physician. Each lesson is based on observation and research, and begins with a story of an exemplary patient whose challenges and successes reflect the theme of the lesson. Along with the lessons, the author offers plans for action, which taken together create the framework for a healthy life. Each lesson concludes with resources and a health challenge.

corporate health and wellness summit: Sacred Spaces Corie Weathers, 2016 The vulnerable true story of a journey that changed a military spouse's perspective of deployment, herself, and her military marriage. Like many military couples, Corie and her husband, Matt, an Army chaplain, accumulated significant unshared moments during Matt's deployments. When Matt returned, he and Corie began using the term sacred spaces for significant moments they had experienced independently. After multiple deployments, sacred spaces were taking up a lot of emotional room in their relationship. When US Secretary of Defense Ashton Carter invited Corie, as the 2015 Armed Forces Insurance Military Spouse of the Year, to join his team on a one-week overseas holiday trip, she eagerly accepted, hoping to gain a better understanding of her husband's deployment experience and lessen the impact sacred spaces had on her marriage. As Corie sat in the belly of a C-17, where her husband had said goodbye to the remains of friends and fellow soldiers, as she touched with her own hands the memorial at FOB Fenty and reflected on her grief as a care team member following the battle of COP Keating, Corie realized this journey was about much more than the push-pull of duty away from loved ones. This was a journey to the heart of her marriage, a place where she would have to leave behind her resentment in exchange for ground she and her husband had surrendered to hurt, misunderstanding, loss--and to Afghanistan. Corie set out on this trip hoping to gain a better understanding of her husband and his deployment experience, but along the way, she discovered a whole new perspective of herself and her military marriage. By sharing her story, Corie hopes to help other military couples strengthen their marriages. Living Now Book Awards - Gold Medal for Best Relationships/Marriage Book ForeWord INDIEFAB Book of the Year Awards finalist Midwest Book Awards finalist Featured on the TODAY Show as Kathie Lee's favorite thing.

corporate health and wellness summit: Taking Action Against Clinician Burnout National Academies of Sciences, Engineering, and Medicine, National Academy of Medicine, Committee on Systems Approaches to Improve Patient Care by Supporting Clinician Well-Being, 2020-01-02 Patient-centered, high-quality health care relies on the well-being, health, and safety of health care clinicians. However, alarmingly high rates of clinician burnout in the United States are detrimental to the quality of care being provided, harmful to individuals in the workforce, and costly. It is important to take a systemic approach to address burnout that focuses on the structure, organization, and culture of health care. Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being builds upon two groundbreaking reports from the past twenty years, To Err Is Human: Building a Safer Health System and Crossing the Quality Chasm: A New Health System for the 21st Century, which both called attention to the issues around patient safety and quality of care. This report explores the extent, consequences, and contributing factors of clinician burnout and provides a framework for a systems approach to clinician burnout and

professional well-being, a research agenda to advance clinician well-being, and recommendations for the field.

corporate health and wellness summit: Narratives of Wellbeing Tarryn Phillips,

corporate health and wellness summit: Health, Tourism and Hospitality Melanie Smith, Laszlo Puczko, 2014-02-03 Health, Tourism and Hospitality: Spas, Wellness and Medical Travel, 2nd Edition takes an in-depth and comprehensive look at the growing health, wellness and medical tourism sectors in a global context. The book analyses the history and development of the industries, the way in which they are managed and organised, the expanding range of new and innovative products and trends, and the marketing of destinations, products and services. The only book to offer a complete overview and introduction to health, tourism and hospitality this 2nd Edition has been updated to include: • Expanded coverage to the hospitality sector with a particular focus on spa management. • New content on medical tourism throughout the book, to reflect the worldwide growth in medical travel with more and more countries entering this competitive market. • Updated content to reflect recent issues and trends including: ageing population, governments encouraging preventative health, consumer use of contemporary and alternative therapies, self-help market, impacts of economic recession, spa management and customer loyalty. • New case studies taken from a range of different countries and contexts, and focusing on established or new destinations, products and services such as: conventional medicine, complementary and alternative therapies, lifestyle-based wellness, beauty and cosmetics, healthy nutrition, longevity and anti (or active)-ageing, amongst others. Written in a user friendly style, this is essential reading for students studying health, tourism and hospitality.

corporate health and wellness summit: What to Eat When Michael Crupain, Michael F.

Roizen, Ted Spiker, 2019 This guide reveals how to use food to enhance our personal and professional lives--and increase longevity to boot--

corporate health and wellness summit: Change Your Genes, Change Your Life Dr Kenneth R.

Pelletier, 2018-10-01 Our biology is no longer destiny. Our genes respond to everything we do, according to the revolutionary new science of epigenetics. In other words, our inherited DNA doesn't rigidly determine our health and disease prospects as the previous generation of geneticists believed. Especially in the last ten years, scientists have confirmed that the vast majority of our genes are actually fluid and dynamic. An endless supply of new studies prove that our health is an expression of how we live our lives—that what we eat and think and how we handle daily stress, plus the toxicity of our immediate environment—creates an internal biochemistry that can actually turn genes on or off. Managing these biochemical effects on our genome is the new key to radiant wellness and healthy longevity. Now gaining broad credibility among scientists, the study of epigenetics is at the forefront of modern medicine. According to the author, the real upshot of the epigenetic revolution is that it opens the door to what futurists call personalized medicine. For the first time in a trade book, Dr. Pelletier explains in layperson's language the genetic biomarkers that will become the standard reference for measuring which specific lifestyle changes are required to optimize a given individual's health. In the very near future, each person's state-of-the-art genetic and epigenetic profile—matched with other precise indicators such as assays of the gut microbiome—will guide their daily health practices. This short but profound book by a world-renowned pioneer in integrative medicine introduces readers to this exciting new field, and reveals the steps that each of us can take today to change our genetic expression and thereby optimize our health for a lifetime.

corporate health and wellness summit: Sexual and Gender Minority Health Brea L. Perry,

Allen J. LeBlanc, 2021-01-15 This volume of Advances in Medical Sociology showcases rich theoretical and empirical contributions on SGM health and wellbeing. The chapters address a variety of topics, drawing from classic and contemporary sociological frameworks and constructs, and reflecting intersecting interdisciplinary approaches to SGM health.

corporate health and wellness summit: Authentic Health Gus Vickery, 2018-02-06 A

straightforward guide to holistic health and wellness that gets at the root of weight gain, anxiety,

insomnia, and other chronic conditions. Millions of Americans are locked in ongoing battles with obesity, diabetes, insomnia, depression, anxiety, persistent headaches, and other chronic health conditions. And while many treatments are aimed at temporary relief from symptoms, few actually address the root causes. In *Authentic Health*, Guz Vickery, MD, offers a holistic approach to better health and genuine relief. In this easy-to-use roadmap, Vickery lays out a comprehensive program addressing the habits and conditions that drive many of the most common chronic health problems. Covering nutrition and physical activity, Vickery also provides essential information and advice on stress-management, sleeping well, and cultivating a sense of purpose in your life. More than just another weight loss guide, *Authentic Health* is a powerful manifesto for reclaiming good health and living well.

corporate health and wellness summit: Living Well on the Road Linden Schaffer, 2017-03-16 Stressed out? Eating badly? Skipping the gym? Sleeping with your phone rather than your partner? Experiencing brain fog and lack of focus? Then this book is for you. Linden Schaffer was an overworked, stressed out, on-the-go professional who found time to refocus, recharge, and recommit to wellness on the road. Now she is sharing her secrets, identifying the obstacles that keep you from experiencing true wellness and, with scientifically backed-data, showing how you too can learn to embrace wellness. Learn what it feels like to recommit to the things that help us feel more energized, more focused, and more mindful of those activities in which we engage. *Living Well on the Road* helps readers to identify those areas of life that need recharging, and brings greater awareness to those in search of a way to find wellness, happiness, and overall well-being even as they move through their busy days. Whether on the road, in the office, or at home, any reader can find ways to dramatically improve their mental focus and physical wellness if they implement the ideas and advice found within these pages. In *Living Well on the Road*, readers will find: a practical real-world approach to understanding and managing your wellness a researched and scientifically investigated how-to manual that encourages a healthier way to manage your lifestyle personal accounts of how small changes can lead to major positive life changes easy to implement tactics proven to reduce stress and sick days increased productivity and creativity through refocused attention feel-good experiences that take 5-minutes and release the stress and tension of your workday from body and mind

corporate health and wellness summit: Workplace Wellness that Works Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs *Workplace Wellness That Works* provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? *Workplace Wellness That Works* shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, *Workplace Wellness That Works* skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

corporate health and wellness summit: Educator Wellness Timothy D. Kanold, Tina H. Boogren, 2021-09-24 Educator and teacher wellness is a personal journey. And like all journeys, there are starts, stops, and bumps in the road. The question becomes, how do we bring our best selves to our students and colleagues each day? Designed as a reflective journal and guidebook, *Educator Wellness* by Timothy D. Kanold and Tina H. Boogren will take you on a deep exploration where you will uncover profound answers that ring true for you. Rely on this book of ideas for self-care for educators and develop ongoing habits for wellness: Use this resource on your own or as a book study to guide staff through a reflective, goal-setting process. Observe the importance of self-care for teachers and other educators and how a commitment to daily self-care and well-being leads to a more fulfilling, successful life in and outside of the school setting. Review the four dimensions of educator self-care and wellness--(1) physical, (2) mental, (3) emotional, and (4) social--and 12 corresponding routines. Explore self-care activities for teachers and educators to sustain well-being in the face of workplace overload and potential burnout. Use the My Wellness Action journaling spaces designed to encourage thoughtful reflection to wellness and self-care plans for teachers and educators. Learn how to monitor your self-care progress and design an actionable wellness plan for next steps. View videos that highlight the authors' personal experiences with the four dimensions of educator or teacher well-being. Access the Educator Wellness--Rating, Reflecting, Planning, and Goal-Setting protocol. Contents: About the Authors Introduction Chapter 1: The Physical Wellness Dimension Chapter 2: The Mental Wellness Dimension Chapter 3: The Emotional Wellness Dimension Chapter 4: The Social Wellness Dimension

corporate health and wellness summit: *RealAge* Michael F. Roizen, 2010-11-16 What is aging? Aging is not a mysterious metaphysical phenomenon. Aging happens in the particulars. Your arteries become clogged. Your arthritis flares up. Age is not just a chronological measurement; it's the rate at which the primary internal guardians of health--your cardiovascular and immune systems--decline. While your chronological age is fixed, your biological age may be years older--or younger--depending on a combination of factors. *RealAge* offers a revolutionary, systematic program that calculates the aging effect of more than 100 different health behaviors--ranging from diet and medication to stress control and chronic smoking--and enables you to assess your own biological age. Most important, it shows you how to design a specific path to improving or reversing your own aging trajectory. Developed by Dr. Michael F. Roizen, chair of anesthesia and critical care at the University of Chicago and preventive gerontologist, along with four other scientists, the *RealAge* program is based on cutting-edge scientific research. Dr. Roizen and his team have pored over 25,000 medical studies, evaluating what they tell us about aging and what they tell us about the prevention of aging. In *RealAge*, they present the complete results of their analysis for the first time. Each chapter covers a broad health topic--for example, how the right vitamins and supplements, exercise, or diet can be used to control how your genes affect you--and calculates the *RealAge* advantage you will gain by adopting a specific behavior. Charts, fact sheets, and tests give you specific choices to make and describe benefits to be gained so you can measure your success. Suggested behavior changes are rated in order of difficulty so you can decide whether the result is worth the effort. Ultimately, this program is about maintaining your health. The better condition you are in, the better prepared you will be to fight the factors that age you. *RealAge* demonstrates that you can have more control over the aging process. It makes science simple and its promise is irresistible: You may live as young at seventy as you did at forty-four. Remember your high school reunion? Even though everyone was the same chronological age, people no longer looked the same. Some wore the years well, staying young and exuberant despite the passage of time, whereas others looked as if they had aged ten years more than everyone else--and probably had. Did you know that: Financial stress can make your *RealAge* two to thirty-two years older? The difference between having the ideal blood pressure 115/76--and high blood pressure--higher than 140/90--can make a *RealAge* difference of more than twenty years? A tablet of aspirin a day can make your *RealAge* 1.9 years younger? Flossing daily and seeing a dentist and dental hygienist every six months can make your *RealAge* 6.4 years younger? In *RealAge* you will discover many other easy-to-institute Age

Reduction Strategies that will enable you to live longer and younger.

corporate health and wellness summit: Sustainable Development and Resilience of Tourism Deepak Chhabra,

corporate health and wellness summit: Can I Have Your Attention? Curt Steinhorst, 2017-10-09 A must read for anyone in the business of leading others. Ken May, CEO of Top Golf; former CEO of Fedex If you want your team to stay focused, you will want to read Can I Have Your Attention? Chester Elton, New York Times Best-Selling author of All In, The Carrot Principle and What Motivates Me Inspire better work habits. Focus your team. Get stuff done in the constantly connected workplace. As our workloads expand, attention has never been more valuable. Or more difficult to keep. In Can I Have your Attention?, Curt Steinhorst shows business leaders how to cut through the noise and get their employees back to work. Curt has spent years helping Fortune 500 companies overcome distraction and achieve focus. With technology creating endless opportunities to improve productivity, people spend so much time responding to the interruptions that they've lost the ability to focus and do their jobs. Yet, the potential for harnessing the power of your team's attention has never been greater--if you can capture it. You'll learn how to: Implement a comprehensive organizational strategy to increase focus and overcome digital distraction. Take back control of the technology in your organization and life. Establish a Communication Compact, defining how, when, and why your team will communicate with each other. Create a vault to increase productivity, decrease stress, and boost your creativity. Free yourself and your employees from the never-ending flood of emails and messages. Achieve unmatched focus in the age of distraction. The smartphone isn't going away. Learn the simple rules and guidelines that will improve focus and create the mental space needed for your people to work to their full potential.

corporate health and wellness summit: Wellness Management in Hospitality and Tourism Bendegul Okumus, Heather Linton-Kelly, 2022-10-31 The first text that studies the science behind the trends and look at every aspect of wellness across the tourism and hospitality industries. It provides students with the skills and knowledge to become a leader in the development of this new wave of exciting, nutritious, safe and profitable wellness products, services and practices.

corporate health and wellness summit: EntreLeadership Dave Ramsey, 2011-09-20 From the New York Times bestselling author of The Total Money Makeover and radio and podcast host Dave Ramsey comes an informative guide based on how he grew a successful, multimillion dollar company from a card table in his living room. Your company is only as strong as your leaders. These are the men and women doing battle daily beneath the banner that is your brand. Are they courageous or indecisive? Are they serving a motivated team or managing employees? Are they valued? Your team will never grow beyond you, so here's another question to consider—are you growing? Whether you're sitting at the CEO's desk, the middle manager's cubicle, or a card table in your living-room-based start-up, EntreLeadership provides the practical, step-by-step guidance to grow your business where you want it to go. Dave Ramsey opens up his championship playbook for business to show you how to: -Inspire your team to take ownership and love what they do -Unify your team and get rid of all gossip -Handle money to set your business up for success -Reach every goal you set -And much, much more! EntreLeadership is a one-stop guide filled with accessible advice for businesses and leaders to ensure success even through the toughest of times.

corporate health and wellness summit: Health and Wellness Tourism Patricia Erfurt-Cooper, Malcolm Cooper, 2009-07-27 Geothermal springs constitute a major tourism resource, providing spectacular settings, recreation facilities, a recognised value in treatments beneficial for health and wellness, a sense of heritage and adventure, and links with the natural environment. Health and wellness tourism accounts for a significant proportion of the world's tourism consumption, with components ranging from hot spring bathing for leisure and recreation, through mineral water use in health treatments under the supervision of highly specialised medical professionals, to water treatments in the wellness and beauty therapy sector and the use of mineral water for drinking purposes. This makes it an economically and socially important area of tourism demanding in-depth analysis. This book explores health and wellness tourism from a range of perspectives including

usage, heritage, management, technology, environmental and cultural features, and marketing.

corporate health and wellness summit: The Comprehensive Guide to Interdisciplinary Veterinary Social Work Sana Loue, Pamela Linden, 2022-09-27 This book responds to the needs that arise at the intersection of people and animals, focusing on human-animal interaction, human-animal studies, the emotional work of caring for animals, and animal-assisted interventions and therapies. Unlike many works that focus primarily on issues at the micro level, such as animal-assisted interventions, this volume is unique in its focus on issues arising at the micro, macro, and mezzo levels, encompassing human-animal issues and interactions at the level of individuals and family, groups, institutions, and communities. Accordingly, this comprehensive guide addresses the need to better prepare practitioners to work in interdisciplinary environments, whether in the context of theory, research, practice, or advocacy. The authorship of the volume reflects the interdisciplinary foundations of veterinary social work, with contributions from social workers, psychologists, veterinarians, physicians, anthropologists, and bioethicists. The volume is divided into five parts that examine, respectively: the foundations (history and scope) of veterinary social work (Part I); the practice of veterinary social work with individuals, in the context of community programs, and in social work practice (Part II); veterinary social work and the veterinary setting, including veterinary well-being and conflict management (Part III); veterinary social work education (Part IV); and the future of veterinary social work (Part V). Importantly, the volume addresses not only practice issues in the veterinary, clinical, and community settings, but also examines ethical concerns in the clinical and research contexts and the implications of cultural and societal variations on the practice of veterinary social work. The Comprehensive Guide to Interdisciplinary Veterinary Social Work is the definitive resource for social workers and psychologists new to practice issues relating to animals, social work and psychology students at the graduate and undergraduate levels, veterinarians and veterinary students, hospital administrators (human hospitals), and veterinary hospital managers.

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volume shares necessary information for those considering healthcare in other countries-those needing care as well as their healthcare professionals and loved ones.

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