

ANSWER

To improve the overall workplace environment it is opined by some individuals that employers ought to introduce short period of time for the workers to exercise during work hours. Consummately, I too assert that promoting physical movements along with encouraging healthy diet related attitudes will enhance the job performance and productivity of an employee.

Providing an opportunity for colleagues to connect outside of a formal work environment fosters healthy personal and professional relationships. By giving employees a space to move, companies can show the proof that they want to see workers thrive beyond the work space. Concerning about the fact that employees' health is at top priority, they can provide a space for mindfulness, meditation, rest and recovery. These wellness zones assist the stressed out employees to reduce trouble remembering problems and making rational decisions effectively. As an epitome, employees of Microsoft have an access to free health screenings as well as services like eye care and wellness coaching. Hence, high energy levels associated these programs, finally increases the work efficiency.

Availability of a time to relax at office, no doubt alleviate stress related issues. Awareness regarding eating habits should be an integral part of the curriculum. As, eating a healthy balanced diet accompanied regular exercise will definitely add excellence to the overall health. To illustrate, Tech giant Google is known for its expansive employee benefits and perks. The employees have the option of eating all three meals at dining areas that include features like juice bars. Appreciating the value of healthy diet along with workout would ultimately contribute to the sustainable growth not only of an employee but of the organization also.

To conclude, I would surmise that allowing workers to work out by providing frequent breaks and making them understand the value of adopting a healthy dietary advice, would be an effective approach for the inclusive growth in terms of productivity of both organization and its employees.