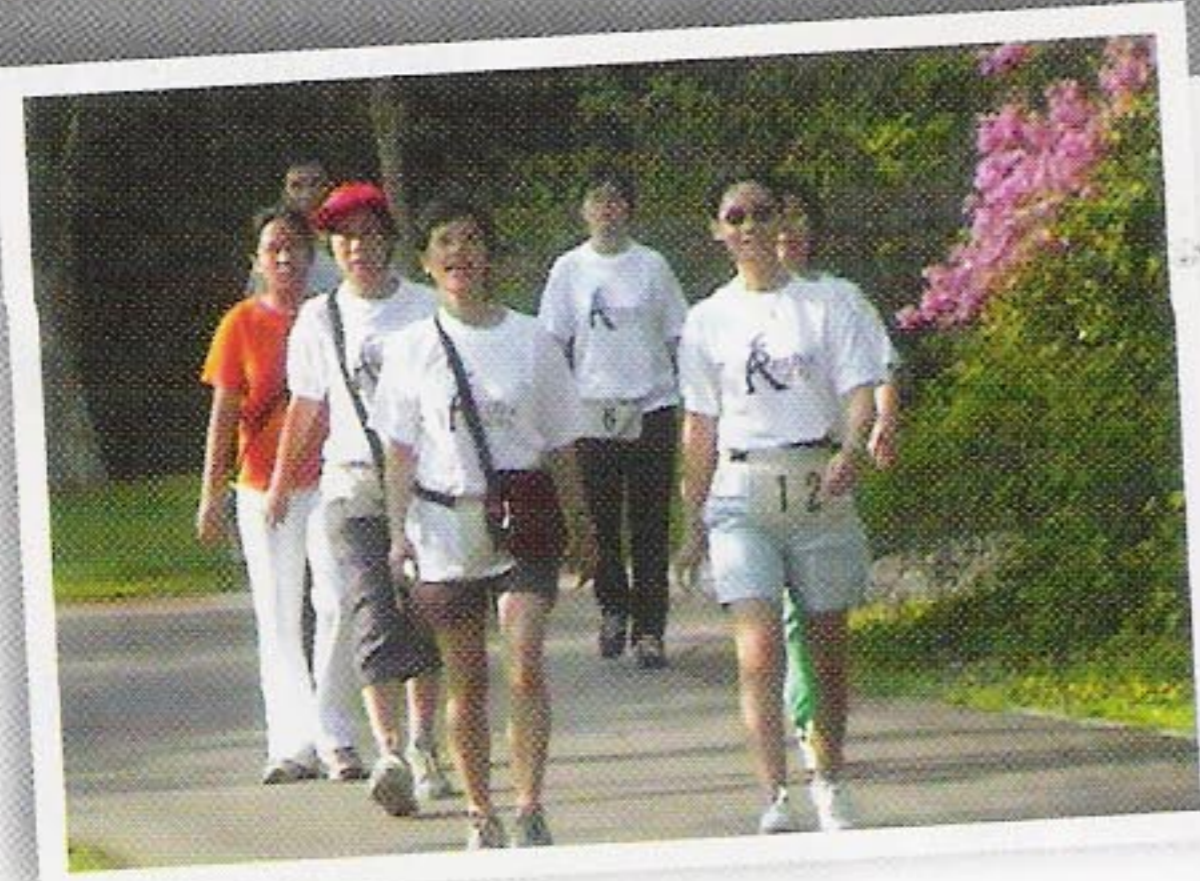


Workplace Health Works!

To many human resource managers, workplace health programme can be a tedious process that does not demonstrate result. Done with a proper structure, workplace health programme can surprise with such positive impact and outcome that many far-sighted companies have incorporated it as part of their employee benefits. Sounds too good to be true? Fitness and Health International Pte Ltd (FHI) is one such consultancy that can help your company achieve this.



As the leading consultant and service provider on workplace health promotion in Singapore, FHI currently manages the workplace health programme for 40 clients including larger companies such as Chartered Semiconductor Manufacturing Ltd and Agilent Technologies Singapore Pte Ltd; and smaller-sized companies like Hamilton Sundstrand Pacific Aerospace Pte Ltd and The Swatch Group S.E.A. (S) Pte Ltd.

Besides a good past track record in assisting companies to clinch the prestigious Singapore H.E.A.L.T.H. Award (read box story), FHI's exclusive programmes have also demonstrated positive results in improving employees' lifestyles. The lifestyles of employees directly affect their health status and thus impact on medical claims and productivity. The percentage of employees who do not exercise at all reduced from 30 to 13 per cent at Premas International Ltd. At Nestle Singapore (Pte) Ltd, the percentage of employees who do not consume at least two servings of fruits and vegetables every day decreased from 71 to 66 per cent and from 61 to 45 per cent respectively, while the percentage of employees who consume more than twice of deep-fried food in a week decreased from 37 to 25 per cent.

FeetWorks®, a walk programme with Central Provident Fund (CPF), improved the percentage of its employees with Gold Award




in fitness assessment from zero to 7.8 per cent; while the general percentage of employees who won an Award (i.e. Bronze, Silver and Gold) increased from 40 to 53.8 per cent.

Ann, a participant of BodyHealth®, FHI's weight management programme with Motorola Electronics Pte Ltd, sums it all when she commented, "I lost 12kg within the three months on the programme. Subsequently, I continued on the diet plan given by the nutritionist and lost another 8kg in the next three months. So, it's a total of 20kg reduction! My clothes are much looser and my cholesterol level is now back to normal. The doctor has even cut back on my hypertension medication too. It was really fun during the sessions where we would crack jokes and laughed together. It was really sort of a bonding session for us." Similar weight management programme with Discovery Asia Inc. saw 61 per cent and 55 per cent of participants reduce body weight and body fat respectively.

Fret not, human resource managers, your workplace health programme can reap its benefits too, if you do it the right way.

FHI has a proven track record in helping clients clinch the Singapore H.E.A.L.T.H. Award (SHA). Some of the achievements in SHA 2004 include:

- FHI has successfully assisted Central Provident Fund (CPF) to achieve the Platinum Award and improved five other companies from Silver to Gold Awards.
- 10 clients achieved the Silver Award, out of which eight improved from Bronze to Silver Awards during FHI's term of service.
- Six companies which have just started their programme with FHI achieved the Bronze Award 

To find out how FHI can assist in demonstrating results for workplace health programme in your company, please contact FHI consultants at 6294 0860 or email marketing@fhi-online.com