

Lead by Example

Good leaders not only understand the link between a productive and a healthy workforce, they also actively participate. Being a visible “champion” by active participation shows employees that their leaders are truly committed to the health-related goals of the organization. Employees might worry that taking time out to go work out will be frowned upon by superiors. But then they see the top leadership going to work out and everything changes. Leaders can demonstrate the importance of health by leading a walk at lunch with employees, addressing employees at a kickoff event, attending educational seminars and publicly participating in wellness challenges. Leaders who participate in their workplace health program alongside employees report the added benefit of getting to know their employees better, and in a more informal context.

“Lead by Example.” American Heart Association, 26 Aug. 2015.