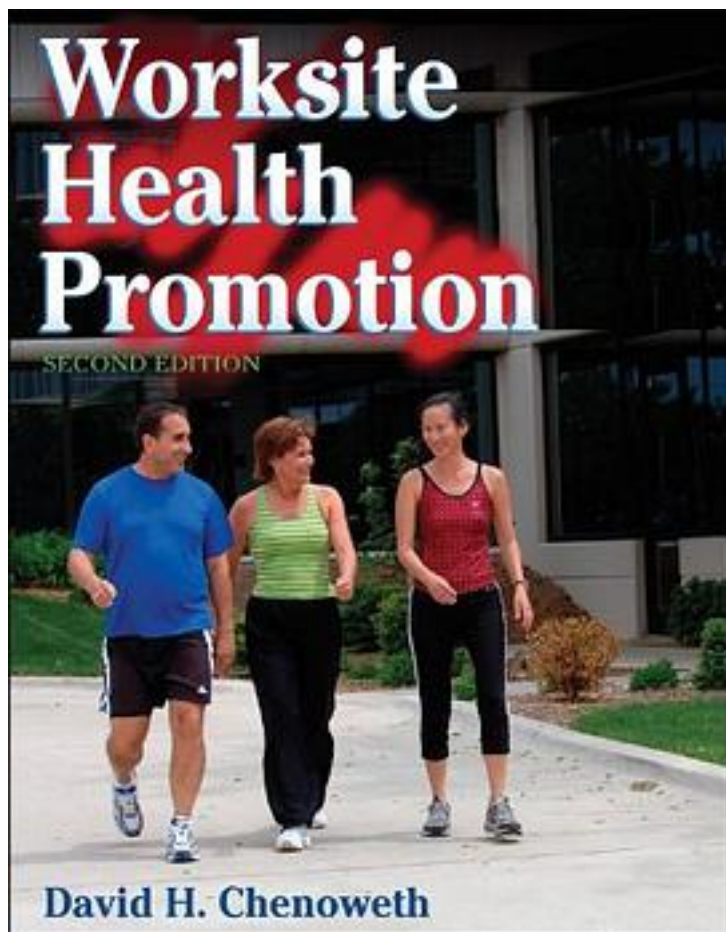


# Worksite Health Promotion



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Over 6,000 copies of the previous edition have been sold worldwide. Written to help employers address growing concerns surrounding rising health care costs and physical activity in the workplace, this work provides practical ideas on how to create and

maintain healthy workplaces that promote and encourage physical activity; includes case studies of successful programmes implemented at small, medium and large workplaces; and tackles a wide range of issues including physical fitness, smoking policies, back health, nutrition and weight control. New sections examine health management, building a healthy work culture and the use of new technology in health promotion.

作者介绍:

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