



Hybrid Work: A Catalyst for Healthier and Happier Employees

Discover the transformative effects of the hybrid work model on employee well-being and learn how organizations can cultivate a healthier workforce for long-term success.

The Rise of the Hybrid Workforce

Hybrid work schedules have seen explosive growth, as employees embrace the flexibility of alternating between office and remote work. Surveys and studies conducted across diverse industries paint a vivid picture of the prevalence and preference for hybrid models.

A survey on the future of work found that a staggering 83% of employees expressed a preference for a hybrid work model.



The hybrid work model is projected to grow to 81% by 2024.

PwC Pulse Survey

Employer Benefits



A U.S. employer could save around \$11,000 per employee annually with telecommuting.

Global Workplace Analytics

Companies of all sizes, from small independents to large multinationals, acknowledge the benefits of hybrid work, such as cost savings and heightened productivity.

Savings arise from lower office space costs, enhanced productivity, and decreased absenteeism and turnover.



The Positive Impact of Hybrid Work on Employee Health



Hybrid workers engaged in **90 minutes of additional exercise** per week compared to pre-pandemic times.



They experienced a significant improvement in their sleep patterns, gaining an **additional 71 hours of sleep** per year.



Nearly a quarter of survey respondents reported **losing more than 22 lbs.** due to healthier diets.



The adoption of hybrid work models resulted in a **notable decrease in work-related stress.**

*Study by the International Workplace Group

The added flexibility provided by hybrid and remote work plays a pivotal role in promoting employees' health. A survey from **Working From Home Research** supports this finding, explaining that a flexible schedule allows employees to allocate more time to exercise.

Moreover, reduced commuting times mean employees have more time to exercise and engage in other activities that promote a healthier lifestyle.

Strategies for Promoting a Healthier Hybrid Workforce

Regular physical activity is a vital aspect of employee health. However, with more employees working from home, encouraging and facilitating exercise can pose a challenge. Employers can help their workers stay healthy and productive by implementing a few cost-effective strategies. Here are some ideas to consider:

1.

Offer flexible work schedules

Give employees the freedom to manage their time effectively and incorporate exercise when it suits them best. This could involve allowing longer lunch breaks or providing the option to schedule an exercise session during the workday.

2.

Encourage movement breaks

The dangers associated with prolonged sitting are well-established, including increased risk for heart disease, Type 2 diabetes, and cancer. Encourage employees to schedule brisk walks, 15-minute exercise sessions, and stretch breaks.

3.

Provide easily accessible exercise resources

Employees can benefit from personalized fitness apps that offer custom coaching and on-demand workouts. Aaptiv is an excellent resource for promoting employee wellness in a hybrid work environment.

4.

Infuse fun into exercise

Make exercise enjoyable with team-building or friendly competitions. Aaptiv provides team challenges and a supportive community, fostering camaraderie and enhancing the appeal of physical activity.

Aptiv: Wellness for Everyone

Whether working remotely, in a hybrid setup, or at the office, **Aptiv is a valuable resource for every employee on their health journey.** Aptiv offers a comprehensive wellness solution that encompasses **personalized workout plans**, access to a vast network of 19,000 national and local gyms, and a library of over **9,500 on-demand fitness and mindfulness classes.**

As users progress through their workouts, Aptiv dynamically adapts to their performance, providing real-time feedback and adjustments to optimize their experience.

This highly personalized approach empowers individuals to reach their **fitness goals and enhance their overall health and well-being.**



[Learn more](#)

Learn more about employer options options, schedule a call with Brooklyn Dougherty.

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