

# NEWS

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## Layna Cook Rush Talks with Greater Baton Rouge Business Report About Promoting Healthy Lifestyles in the Workplace

Employees spend anywhere between one-third to half of their day at the office, so their surroundings at work are just as important as their home environments in helping to create a healthy lifestyle. Company leadership can play a role in encouraging healthy habits by providing incentives or even opportunities to take part in fun activities and group camaraderie. In this *Greater Baton Rouge Business Report* article, Layna Cook Rush offers advice on how employers can convince employees to stay healthy and be more productive.

"Incentive programs such as lower insurance premiums or challenges with cash rewards and prizes encourage employees to participate in wellness programs, but in my experience, continued, long-term commitment to healthy habits are the result of group interaction," Ms. Rush said.

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