

LOS ANGELES, CA, September 19, 2013 /**24-7PressRelease**/ -- The makers of [Bystrictin](#) explain that the office is often a calorie minefield, particularly for stressed out workers. From donuts served at meetings to salty chips available from the vending machine for a quick snack, it is often far easier for an employee to reach for an unhealthy snack. However, a new [piece](#) explains that many companies are trying to change this, thus improving the overall health and well being of their workers.

A number of companies have already put these health-focused policies into place. For example, Australian news wire service AAP puts out a bowl of fruit for staffers each day. Baptist Health South Florida, which is one of the largest private employers in the Miami area, has spent more than seven years working to improve employee eating habits. To do this, they now offer healthier meals in the cafeteria. These low-calorie and low-fat choices are marked as more nutritional and also cost less than greasy pizza or other calorie-laden fare.

Marybeth Rouseff, who oversees the employee wellness initiatives at the organization, states, "From time to time the changes are met with grumbles, but we're not removing choices entirely--we're just giving healthier options."

In addition to this work, Baptist Health South Florida has also begun to rely on produce-buying clubs and onsite farmer's markets to encourage workers to eat well throughout the day by making healthy choices more readily accessible. It has also created strict policies for what can be served during company meetings--this includes no pizza or chips. In addition, managers must use approved vendors who agree to abide by the company nutrition policy.

Lindsay Scherr, who is president of Endless Organic, a South Florida organic buying club, explains the challenges that companies like Baptist Health South Florida are dealing with noting, "Our culture is to celebrate office birthdays with cake and ice cream, not with apples. That's the challenge that employers come up against."

In addition to these initiatives, Baptist Health also replaced many of the salty and sugary options in vending machines. They then put bottles of water at a lower price point than juices and sodas found in the vending machines.

Many management officials agree that their efforts were first met with some resistance at their companies, but have since become accepted and even embraced by staff members. Not only

Bystrictin Highlights How Company Food Policies Impact Workers' Health

Written by Australian Business

do the workers feel better and have more energy due to better eating habits, but the company is also saving money. In fact, studies show that for every one dollar an employer spends on company wellness, it saves almost six dollars in healthcare costs in the long run.

"Though it may take some getting used to for these employees, ultimately the changes are doing the workers a major favor. They are making it almost effortless for these busy individuals to get the nutrition they need throughout a full day without feeling groggy or sluggish," states a representative from Bystrictin.

ABOUT:

Bystrictin is a safe and effective method that curbs appetite and helps make weight loss easier. The formula works alongside diet and exercise to help give a person the body of which they have always dreamed.