

Benefits of Onsite Fitness.

Musich, Shirley, Adams, Laura, Broder, Joanna, and Edington, Dee W. *Fitness Management*, October 1999; 15(11): 54-57.

This study examined the effects of a corporate fitness center on employee health at the Progressive Corporation. Health risk status, health care costs and absenteeism of fitness center participants and non-participants were compared for the two years before and after the fitness center opened (1993-1994, 1995-1996). Participants were divided into quartiles based on number of fitness center visits per month. Health status was determined using a Health Risk Appraisal (HRA) and short-term disability (STD) hours were used as a measure of absenteeism. Higher level participants had fewer health risks than lower quartile participants. Baseline medical costs for participants were lower than for non-participants and remained lower during the program years (\$1,526 vs. \$1,928). Absenteeism was lower at baseline for female participants and remained lower during the program years compared to non-participants. STD hours for male participants were higher at baseline and decreased during the program years, while non-participants' STD hours increased during the same period.