

Incentives to help employees lose weight

Written by

Monday, 24 September 2007 20:58

A North Carolina study released this month by the Journal of Occupational and Environmental Medicine suggests people will lose weight for money.

Unlike providing onsite fitness centers or improving offerings in the company cafeteria, cash rewards, even in small amounts, provide a company with a guaranteed return, researchers said. They would only have to pay cash if an employee lost weight. The study involved approximately 200 overweight employees at several colleges in North Carolina.