

## Pilates exercise benefits for corporate employees and its impact on economy

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### Abstract

Healthy employees bring an array of benefits to the businesses they work for. It correlates with increased productivity, less office stress, less colds, flu and other illnesses, fewer office-related injuries and happier employees. Any exercise is better than nothing, but Pilates can really make a noticeable difference. Pilates is a mind body exercise technique. It is a full-body workout which also increases focus and improves mental health. It also improves posture, which is extremely beneficial for office and field workers. Every exercise could be modified into modified pilates by incorporating 5 principles of pilates in different exercises. Every person can perform these exercises on his own during break time at work place for health maintainance. Researches strongly supported exercises benefits for workers and exercise has a great impact on economy. But there were limited number of studies and lack of sound methodology in published researches on pilates benefits for corporate workers. And there is limited research too on the impact of exercise on economy However, current research does indicate that there may be applications for this type of intervention in certain population that are worthy of continued investigations.

According to a study conducted by Renata in 2018, Pilates and quick massage techniques protocol have shown great potential in reducing anxiety, depression and fatigue on office workers <sup>[1]</sup>. A Study conducted in 2016 states that Pilates Exercise prevents chronic disease, musculoskeletal pain and enhance the quality of life in workplaces <sup>[2]</sup>. According to a research conducted by Marc in 2006, the significant economic benefits can be achieved by improving health not only in poor, but also in rich countries and historically, health has been a major contributor to economic growth <sup>[3]</sup>. A Study conducted by Maureen in 31 European countries in 2013 states that Worker health is good for the economy and should be considered in national health and productivity accounting <sup>[4]</sup>.

I have selected this topic because it's very important to know the pilates exercise impact on the health of employees and its impact on economy.

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