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## MORE WORKERS REPORT WEIGHT LOSS WHILE AT WORK



Workers these days are trying to get fit with the help of their workplace. Career Builder is stating that more than 28 percent of work places are now providing gym memberships and wellness benefits. This is a great because more than 43 percent of workers have said that they have gained weight during their career. The fight against obesity is not going to be an easy one, but according to CareerBuilder.com, a survey polling healthy choices reported 18 percent of workers have lost weight at their jobs compared to the previous 16 percent.

Read the original article here:

[Study: More workers report they've lost weight on the job](#)

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