

# Get your workplace *active*



A healthy workforce  
makes a healthy business



# All work but no bounce?

**Monday morning. Your team bounces in bright and early, hungry to gain a head start on the world. They fly through their work by 11am and plough headlong into yours! By nightfall the security guard is begging them to go home!**

Okay, that's the fantasy. But it's more likely you're plagued by poor motivation. If you follow the national trend, 3% of your staff will call in sick by Friday, costing you nearly £600 per employee every year.

When people do the same job day after day, they can lose their 'get up and go'. It may not be your fault, but it's certainly your problem.

## **It's also your opportunity.**

Studies show that active people take 27% fewer sick days. Better still, their productivity improves (get your adrenalin pumping and see for yourself!).



It's really no secret that a healthy workforce makes a healthy business. The only real question is:

***What can you do about it...?***



# More people, more active, more often

Most adults spend 60% of their waking hours at work. That's a long time to be slouched over a desk or glued to a telephone. But maybe you're one of those visionary bosses who keep their workforce active?

Maybe you've built a gym on site, or you hold walking meetings with staff? Or maybe you set an example by cycling into work?

If you're doing all this, you're probably enjoying high performance levels and low staff turnover. Not to mention the sheer prestige of your enlightened management style!

If you haven't taken the plunge, you could still mirror the success of Wales' leading employers. Like Kelloggs of Wrexham, who run a pedometer challenge between shifts. Or insurance brokers Thomas, Carroll, whose staff are working out with the help of a personal fitness coach.

*"The modest expense of promoting physical activity should not be seen as a cost. It's a sound, healthy business investment, and the payback can be extraordinary."*

**Paul Gardner**

Thomas, Carroll Group

A health intervention needn't cost the earth. Studies show that every £1 you spend nurturing physical activity will add £3 to the bottom line. Just think of it as an investment.

***It isn't going to break the bank - and it may not cost you a penny...***



# It's no obstacle course

**Getting your workforce active might seem like a headache. There's space to develop and equipment to find. And it all costs money!**

Relax. At the Sports Council for Wales, we want everyone to build 30 minutes of activity into their daily routine. So when you're ready to make the change, we'll help you foot the bill.

We can help meet the cost of equipment. And if your workplace doesn't cut it as a sports stadium, there's always scope for renovation.

## Just look around:

Your old stationery cupboard could hold a shower. As an exercise studio, there's that meeting room nobody uses. And the patch of waste ground outside would look so much better as a games area.

But even if you just need bicycle racks or signs for walking routes, it's always worth getting in touch. We'll even help your

staff to train as walk leaders or fitness instructors.

We can help fund your plans up to £250k. For bigger projects you'll need to match-fund. But for smaller ones we could be meeting 100% of the cost.

To remove the obstacles and get your project going, call your Sports Council for Wales regional office:

South East Wales: **0845 045 0904**

South West Wales: **0845 045 0906**

North Wales: **0845 045 0908**



***We're ready to get your workplace up and running!***



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