

# WORKPLACE FITNESS AND WELLNESS



The extra dimension to your business



## Building the business case

- According to the Office for National Statistics, absence due to ill health costs UK business around £14 billion each year
- Research has demonstrated that employees adhering to a corporate fitness and wellness programme take, on average, five sick days less per annum than less fit individuals
- Healthier staff make better decisions and have improved time management skills
- Conditions such as Type 2 Diabetes, Cardio Vascular disease, Depression and Dementia are all associated with low levels of physical activity and just small increases in activity, substantially and significantly, improve the prevention and management of these and other conditions
- 94% of users and 69% of non-users believe the provision of a corporate fitness programme enhances employee morale and staff are more likely to be attracted to, remain with and value a company that obviously values them.

A well thought out corporate fitness and wellness strategy to promote workplace health can:

- Reduce sickness absentee levels
- Increase the company's efficiency and productivity
- Reduce employee turnover and the number of early retirements on health grounds
- Promote a positive, health based corporate image of your company in the market place
- Help retain higher calibre employees
- Improve your employees morale and employer/employee relations generally

“A healthy workforce is good for business”



## Developing a wellness strategy

There are 3 key barriers to increased exercise participation:

Time, lack of facilities and work stress.

Work place facilities overcome these barriers and can make real progress to creating healthier more productive workforce.

If your company is looking at ideas and initiatives for developing your wellness strategy a good place to start is to find out how well your employees are now.

## Is your team fit for business?

### Wellbeing Surveys

3d can create for you an employee Wellbeing Survey working within existing platforms or as a standalone questionnaire. This will offer all employees the opportunity to have their say and be heard and the opportunity to highlight specific wellbeing concerns.

The survey is quick and simple and can be completed on line.

### Health Checks

3d offer Health Checks via an online booking system that is bespoke to you and branded with your own identity. The first part is a lifestyle assessment which is completed online. Then a booking is made for a confidential 10 minute appointment which measures BMI, blood pressure and a blood prick which allows for cholesterol and blood glucose scores to be identified.

Results are analysed and immediate guidance is offered.



## Our service

Our service is tailored to meet each client's specific requirements.

From the management of a fully integrated fitness and wellbeing facility to consultancy services on design, you can choose one or all of our services.

- Feasibility and concept development
  - Design and build support
  - Supplier sourcing and procurement
  - Fully supervised gym management
  - Health and safety consultancy
  - Exercise classes
  - Personal training
  - Wellbeing Surveys
  - Health Checks
  - Physiotherapy
  - Beauty and other therapy provision
  - Education seminars
  - Social event management
- And much more



# Providing much more than gym management



Our comprehensive fitness and wellness management service is called Wellness360.

The service aims to educate, motivate and activate all employees to have a healthier lifestyle and offers proven positive outcomes both for the individual employee and the employer. The service is modular so we can deliver all or part of Wellness360 based on your requirements.

Wellness360 can be packaged and integrated into your corporate strategy that coordinates and delivers existing wellness and engagement initiatives. This reinforces a culture of care and provides your workforce with an efficient, direct and personal healthcare and lifestyle service under one programme.

Our goal is to help individuals identify healthier life choices and then support them to achieve their goals through exciting and challenging programmes. We will help employees stay motivated with quality instruction and by creating a fun atmosphere when they work out.

## Health promotion

The workplace gym can offer a lot more than just a workout and we would aim to develop the service to include a variety of health promotion initiatives.

## Event management

We can develop and manage various sports clubs and social activity that will make the facility a real hub for employees in the workplace.





## Designing a new facility

If you are considering developing a corporate gym or fitness and wellness centre we can assist you in the design and fit out of the facility as well as provide a management solution ensuring that your facility attracts the maximum number of employees.

We have vast experience in the design and build of corporate gyms. Our experience

covers every element of providing corporate fitness and wellbeing services from design through to on-going management.

We can advise you on space allocation, estimated membership usage, M&E specifications, health & safety, procurement of all capital equipment and other fixtures and fittings required.

## Reviving your current facility

3d can offer you a fresh and innovative approach to the management of your fitness facility.

- Are you achieving the optimum level of utilisation?
- Is your current fitness service provider as proactive as you would like them to be?
- Is your facility offering a refreshing, vibrant, exciting, stimulating place to exercise?
- Are you sure you are getting value for money?

3d can help you revitalise your facility.

We have energy, experience, focus, passion and creativity to offer you!

We will transfer under TUPE the existing onsite team and work with them to develop a service that will exceed all expectations.



## Balancing the investment of corporate fitness and wellbeing

Developing a gym is an investment that can have a real return.

Depending on the occupancy of your building 3d will consider a commercial contract where there is NO RISK and NO COST to you .

Contact us and we will conduct a free of charge, no obligation feasibility study to establish the business case.





## Our company

Established in 1991, 3d is a leading provider of corporate fitness and wellbeing services with an impressive contract renewal record and a wide ranging client portfolio. Our partnership and reputation with our clients is vitally important to us.

We are passionate about what we do and our goal is to understand our client's objectives and then we aim to exceed client's expectations with exceptional service and value. We don't just talk a good game.

We are a dedicated hardworking team of professionals that aim to provide our clients with the management service they want for their fitness, sport and leisure facilities.

We understand that all clients have different objectives and our service has been developed to offer a tailor made solution to each client so that we can meet their specific requirements.





# Are you fit for business?



## CONTACT US

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