

5 REASONS WHY IT'S GREAT TO HAVE A GYM AT WORK

A workplace gym isn't simply a perk for large corporations. More and more small and medium-sized businesses are investing in healthier, happier, better-connected employees by setting up a workout space in the workplace.



1 GREATER TEAM BUILDING

Ok, you've probably heard all the good news about healthier staff leading to greater productivity. But did you know that having a workplace gym will also boost communication, nurture cross-department bonding and even speed up the processes of positive change? Workplace gyms may have exercise classes but there are no 'class divisions' - when you're working out alongside colleagues from across the company you're also forging new relationships and developing trust and social interaction. Your gym can break down barriers too. It helps nurture an inclusive culture, where a company director may be spotting an office intern lifting weights, before the swapping places to do their set.



2 BETTER INFORMATION SHARING

Water coolers, taking rests between sets and simply mixing it in a more social, cohesive environment helps make a workplace gym integral to an organisation's success. By sharing their passion for fitness and finding a common ground in exercise, employees throughout the company build bonds that encourage discussion and debate. A gym at work thrives on the interactions of its members, allows leaders and managers access to the shop floor in a new, informal, information-sharing way that can help bridge the hierarchical gap.



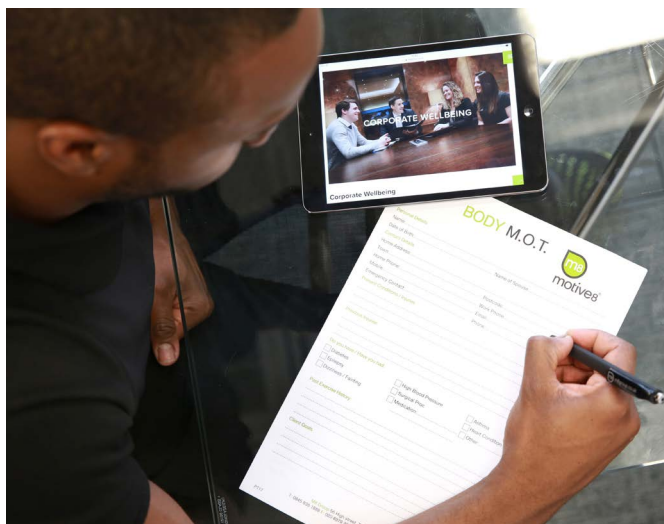
3 IT'LL PAY FOR ITSELF IN NO TIME

In 2016 the number of UK gym goers hit the 9 million mark for the first time ever.* The average membership cost per month is £50 (slightly less outside of London) but far from being a cost to an employer, your workplace gym can soon become self-sustaining. Many firms levy a charge that's much more competitive than high-street gyms and some even offer memberships to the staff of other companies working in the same building. It can mean that the cost of installing a gym in a 1000sq space (£60,000) in a building with let's say 400 employees, of whom 40-50% take-up of gym membership at a monthly fee of just £20, means that gym would pay for itself in under two years.



4 MOTIVATED, COMMITTED EMPLOYEES

Many established, successful gyms ensure that members have access to fitness professionals who can advise on nutrition and exercise plans – motivating employees and encouraging a commitment to a lifestyle change. Going one step further and using this resource for conducting fitness challenges and events around work can turn underutilised office space into a thriving, health conscious community hub.



5 HAPPY, HEALTHIER, MORE PRODUCTIVE STAFF

Absence from work due to sickness will cost some firms £250,000 per year, according to a survey of sickness absence rates and costs carried out by XperthR. It's no wonder then that more and more companies are investing in workplace health centres and looking to corporate fitness facility specialists motive8 to help them do it.

HERE'S HOW MOTIVE8 CAN HELP BUILD A MORE PRODUCTIVE WORKFORCE

A corporate fitness facility can be as small or as large as you like, but finding a balance between cardio, strength and functional training is the key to ensuring maximum usage from staff.

- motive8 can work with your HR department and Facilities or Operations Manager to ensure that the space allocated for a workplace fitness facility is designed to appeal to all employees whilst also impressing potential new clients and raising your levels of recruitment success.
- motive8 will survey staff to get a better understanding of exactly what they are looking for to help boost membership numbers.
- motive8 has designed gyms in a wide range of workplaces - from factories to law firms, and from 25sqm up to 200sqm.

motive8 can offer a total solution to your corporate wellness needs, right from the design conception through to the supply, installation, maintenance and full operation of the facility.

Since launching in 2000 we've installed over 250 fitness facilities across the UK, with additional facilities installed overseas. Our management services come with a wealth of experience, from both the residential and corporate sectors along with the commercial leisure industry.

One of our smaller gyms, for a hedge fund management company in the City, included a space for functional training such as boxing, suspension training and some free weights at the employees' request. Our largest gym to date, at the Dixons Carphone HQ, revamped an existing, neglected space of 200sqm to create a new gym based on a "best of breed" approach to equipment. It now rivals any high-end commercial gym and has led to a resurgence in membership and motivation to work out among the staff. For more information, visit www.m8group.co.uk.

* <http://www.leisuredb.com/blog/2016/5/11/press-release-2016-state-of-the-uk-fitness-industry-report>



See overleaf for a few images of recent corporate gym installations we have completed.



CORPORATE

WORKPLACE GYM DESIGN

