

Active Workplace Benefits

#PartofTheMOVEment



Increasing the health and productivity of existing and prospective employees

<p>Improves employee health and wellbeing</p>	<p>Has a positive economic impact</p>	<p>Creates a great place to work and retain great people</p>
<p>STRESS Reduces stress and anxiety</p>	<p>Improves employee productivity</p>	<p>2nd 1st 3rd Develops a positive image and competitive edge in recruitment</p>
<p>Improves and maintains physical health</p>	<p>Reduces levels of absenteeism and presenteeism</p>	<p>Increases job satisfaction and morale</p>
<p>Happy and motivated workforce</p>	<p>Lower long term sickness or injury</p>	<p>Improves team spirit and togetherness</p>



Take the pledge to be #PartofTheMOVEment

Wyvern House,
The Drummer,
Winsford,
CW7 1AH.
01606 330 212
support@activecheshire.org
www.activecheshire.org
This document is available in alternative formats on request. Please contact us with your request.

Active Workplace Pledge



I'm in!



Embedding physical activity into all aspects of everyday life

About **Active Workplace**

Active Workplace **Pledge**

Active Workplace **Plus**

Poor health and wellbeing is costing UK business £29 million per year! Healthier and more active workplaces have been proven to be happier and more productive workforces. Research suggests that exercise can reduce absenteeism by up to 23.5% and staff turnover can be reduced by up to 16%.

Active Workplace provides support, advice and guidance to help you make your business a more active place. Whether you are a small family business or large employer a physically and mentally healthy workforce can bring you great rewards. Are you in?

Take the pledge to access help from Active Cheshire to discover simple and effective ways of maximising your time and resources to make the biggest difference.

Remember - Small Steps, Big Impact!

Register your pledge today by visiting

www.activecheshire.org

or call **01606 330212**

Active Workplace **Pledge**

FREE

Pledge

Your business will feature on the Active Cheshire website and be promoted locally as a leader for workplace activity

You will receive a Pledge Certificate and an electronic logo to display your businesses' commitment to employee health and wellbeing

Plan

Your business will be eligible for free, bespoke consultancy support from an Active Cheshire advisor who will help you develop a plan to embed physical activity into everyday life, highlighting the benefits to your business and employees

Progress

Your action plan will be bespoke to your business and enable you to progress at a pace and in a way which suits your organisation

Active Cheshire will provide twice yearly touch points to keep on track. We will also keep your team updated on the latest good practice, policies, opportunities and the wider marketplace

Upgrade to

Active Workplace **Plus**

from only
£1000 + VAT

- Active Workplace Plus provides your business with the extra capacity and expertise to get your plan moving
- You will receive 4 days of bespoke support from an Active Cheshire advisor, to start delivering against your priorities quickly
- Your business will have exclusive access to 20% discounts on Active Cheshire training and workshops
- You will receive complimentary and priority tickets to Cheshire and Warrington's flagship corporate games event - **Playfest**
- You will receive two priority tickets to our annual #PartOfTheMOVEment conference

Receive access to your own Health & Wellbeing app-based challenge worth £300 when you sign up to Active Workplace Plus within 30 days of taking the pledge.