



David Fairlamb THE FIT FACTOR

FITNESS TIP

Fitness doesn't always mean a full-on exhaustion session. If you are really struggling for time, try a daily lunchtime walk even if its just for 10 mins. It soon adds up.

LIFESTYLE CHANGE

Make sure you prioritise! Exercise is a hugely important part of health and well being. Always make sure you make time around a busy work schedule

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THREE in five work places do not offer benefits or programmes to encourage employees to exercise, according to Opinionium research.

Only 13% of employers organise exercise classes such as a Bootcamps, running club or Yoga sessions. Only 8% of workplaces have after work sport and just 5% encourage employees to exercise during their lunch break.

Two online surveys of 2,007 and 2,000 UK adults, in August and September respectively, also revealed that only one in five of organisations offer a cycle to work scheme while 14% provide help towards gym memberships.

Many business people can find achieving a work-life balance difficult. Indeed, all who spend days tied to work are challenged to find time for any sort of exercise, yet this is the most important thing you can do for both mental and physical health. Moving your body not only promotes mental focus but as little as 30 minutes of walking a day cuts stroke risk by a minimum of 20%. If you can do a bit more and hit a 10,000 step per

day, it adds up to about five miles of walking per day.

In the regional breakdown, three-quarters (76%) of those living in the North East of England said their workplaces do not offer employees anything to be more active, while the same was true for 72% in the East Midlands and 64% in the South East.

Londoners have the highest number of workplace exercise options available to them, with 26% having access to a cycle-to-work scheme, 24% provided with a subsidised gym membership and 24% offered exercise classes through work.

The following stats do not make great reading for any business:

- Sick leave and working while unwell costs companies an average of 8% of their yearly wage bill.

- Loss of productivity to the UK economy of 58 Billion pounds a year

*Be stronger than
your excuses*

**Motivational quote
of the day**

due to illness.

- Many people have dormant health time bombs, 62% have at least 2 bad lifestyle habits which puts them at serious risk for the future

- There is a link between lifestyle risk factors, employees health and absence from work.

There is a real need for employer's to look after their employees health and well being which is why, over the last 6 months, I have started motivational health and well being talks to businesses. The demand has been huge as we also offer body composition readings, individual nutritional advice and weekly Bootcamps.

This gives all employees the knowledge and know how to make a real difference to their lifestyle and eating habits. My corporate packages are very popular as i specifically design them to suit each individual business and their staff. My talks will leave you inspired and illustrate how leading a healthier lifestyle can give you that confidence and feel good factor, in every part of your life and have a hugely positive effect on your productivity at work.

