

Corporate Fitness & Wellbeing



WORK, MOVE, CHANGE
TOGETHER



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Supporting you in the pursuit of a happy and healthy workforce



Evolution Health & Fitness have over 30 years of experience in improving wellbeing and changing lives. We do this by delivering an inclusive service that empowers your employees to achieve their fitness goals and live a healthy lifestyle, irrelevant of previous exercise experience.

We take a holistic approach to health & wellbeing, placing equal importance on how exercise, nutrition, mental health and sleep support a happy and healthy lifestyle. We emphasise how small changes in habits can lead to long term life-changing results.



MOTIVATE & INSPIRE

Facilitate and support your team in their pursuit towards a healthy lifestyle



CREATE A COMMUNITY

Our App allows your team to share their journey, encourage and support each other



IMPROVE MORALE

Shared goals outside of work enhance relationships leading to a more satisfied team and collaborative culture




BUILD RESILIENCE

Get your team mentally and physically ready for anything



MAXIMISE PERFORMANCE

It's been proven how a healthy lifestyle can enhance decision making & drive optimal performance



**Wellness
programmes
can lead to
42% reduction
in workplace
absenteeism.**

What's involved

Supported by qualified Evolution Health & Fitness trainers, our Corporate Online Fitness Programme is built around our personalised App.

Tailored to you, our App enables your employees from all over the world to complete workouts with video demos, engage with each other, track their own performance, monitor nutrition and get expert advice and support from a dedicated personal trainer.

Our App provides your team with the flexibility to complete sessions whenever and wherever they choose with no equipment or gym membership required.



70% of large companies commit to improving the health of their employees.

Invest in your people

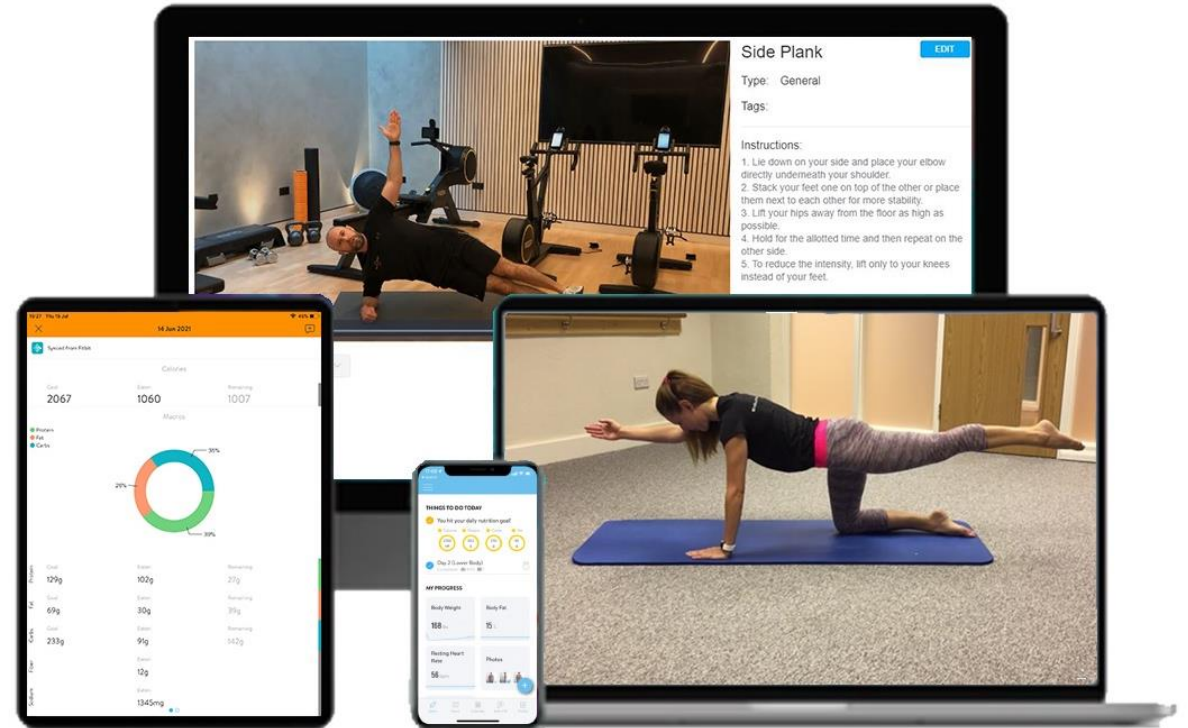
Your people are your most valuable asset and research shows that companies that are committed to their employee health and wellbeing outperform those that are not. Our online Corporate programme encourages and inspires a healthy community culture.

The combination of convenience and colleague interaction encourages a fitness community which studies have shown directly correlates with high participation. Our App helps build an internal support network and offers fantastic team-building opportunities, empowering your team to reach and sustain positive change.

The App

Inspire a healthy corporate culture, create a community and encourage participation with the help of the Evolution App. Every corporate package comes with access to your own company app, allowing team members to connect, share, encourage and motivate each other.

- A variety of programme options to suit a range of health & fitness goals
- A calendar scheduling training sessions
- Video tutorials which describe exactly how each exercise should be performed
- Option to sync Fitbit, MyFitnessPal & Apple Watch
- Daily calorie intake goals calculated specifically for each individual (if included within programme)
- Motivational advice, articles, tips and videos sent to you directly via the app
- Everything you need in the palm of your hand



Easy onboarding

We can provide support for every stage of onboarding your employees from internal advertising and encouraging sign ups, to ongoing motivational support helping them reach their goals.



1. INTERNAL ADVERTISING

We provide video adverts, success stories and blogs to explain how the app works as part of your internal advertising campaign

2. SIGNING UP

Employees register their email address to receive further information. If they choose to sign up they can pay us directly (via PayPal) or we'll collate all sign ups and invoice your company

3. PRE-ACTIVITY READINESS

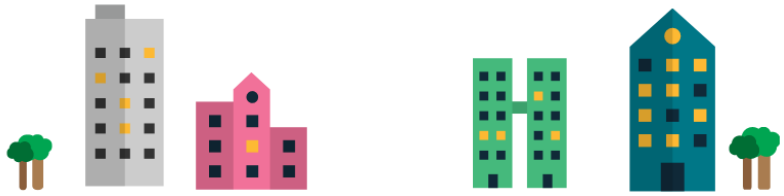
Employees are sent a PAR-Q which goes through any pre-existing medical conditions & injuries to ensure the programme is suitable

4. GET GOING

Employees are added to the app in groups so they go through their fitness journey with colleagues. We'll send a link to download the app and we're off!

5. ONGOING SUPPORT

The App helps to build an internal support network of colleagues in addition to the support offered by our qualified Evolution Health & Fitness team to help sustain motivation and dedication



Business benefits

Did you know...

the cost of ill health to your business?

THE AVERAGE FIRM OF 250 EMPLOYEES LOSES
£5,000/wk



WORK RELATED BACK PAIN COSTS BRITISH BUSINESSES



£5 billion

ANNUAL COST OF EMPLOYEE ABSENCE TO UK ECONOMY

£15 billion



ANNUAL COST OF EMPLOYEE PRESENTEEISM (FROM MENTAL ILL HEALTH) TO UK ECONOMY

£15 billion



WORK, MOVE, CHANGE together.

Did you know...

Companies who invest in their employee's wellbeing report:

42%
REDUCTION IN WORKPLACE ABSENTEEISM

.....AND A POTENTIAL RETURN ON INVESTMENT OF UP TO
£34
FOR EVERY £1 SPENT



EMPLOYEES WHO EXERCISE FOR AT LEAST 30 MINUTES, THREE TIMES A WEEK WERE

15%
MORE LIKELY TO HAVE
HIGHER JOB PERFORMANCE



Stats compiled from: *Office of National Statistics, Trades Union Congress, Confederation of British Industry, The Centre for Mental Health, Get Britain Standing, British Heart Foundation, Health Enhancement Research Organisation*

Who we work with

We have worked with hundreds of amazing clients over the last twenty years, all with their own specific goals. We pride ourselves in helping them achieve these.

Alongside individuals, we have worked with physiotherapists, schools, private companies and the NHS.



The Hillingdon Hospitals
NHS Foundation Trust



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“ Happy clients ”

“I cannot recommend this highly enough & the knowledge & content in the programme made for an excellent experience”

“I would have no issue recommending this for anyone who is looking to make a positive change to their eating and exercise habits”

“The app has given me a new insight into exercise & diet. Being monitored helps to focus & push you, especially on the days you might not feel like it”

“I came into the programme with a low activity level, a poor diet and a thousand excuses for both... it's completely changed my viewpoint on health and fitness”

“It surprised me how the accountability to my colleagues drove me on”

“I'm now fitting in time for me”

“It stopped my snacking and helped me break bad habits like not getting up from my desk”

“Getting up & running was easy. Video tutorials were a perfect way to ensure you carried out the exercises correctly & the integration with MyFitnessPal made calorie tracking a breeze”

“The Online Programme was everything I heard it would be from others who had raved about it”

Contact us

Are you ready to start gaining massive benefits by investing in the health of your team?

Contact Evolution Health & Fitness today, we can help you **WORK, MOVE and CHANGE** together.



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