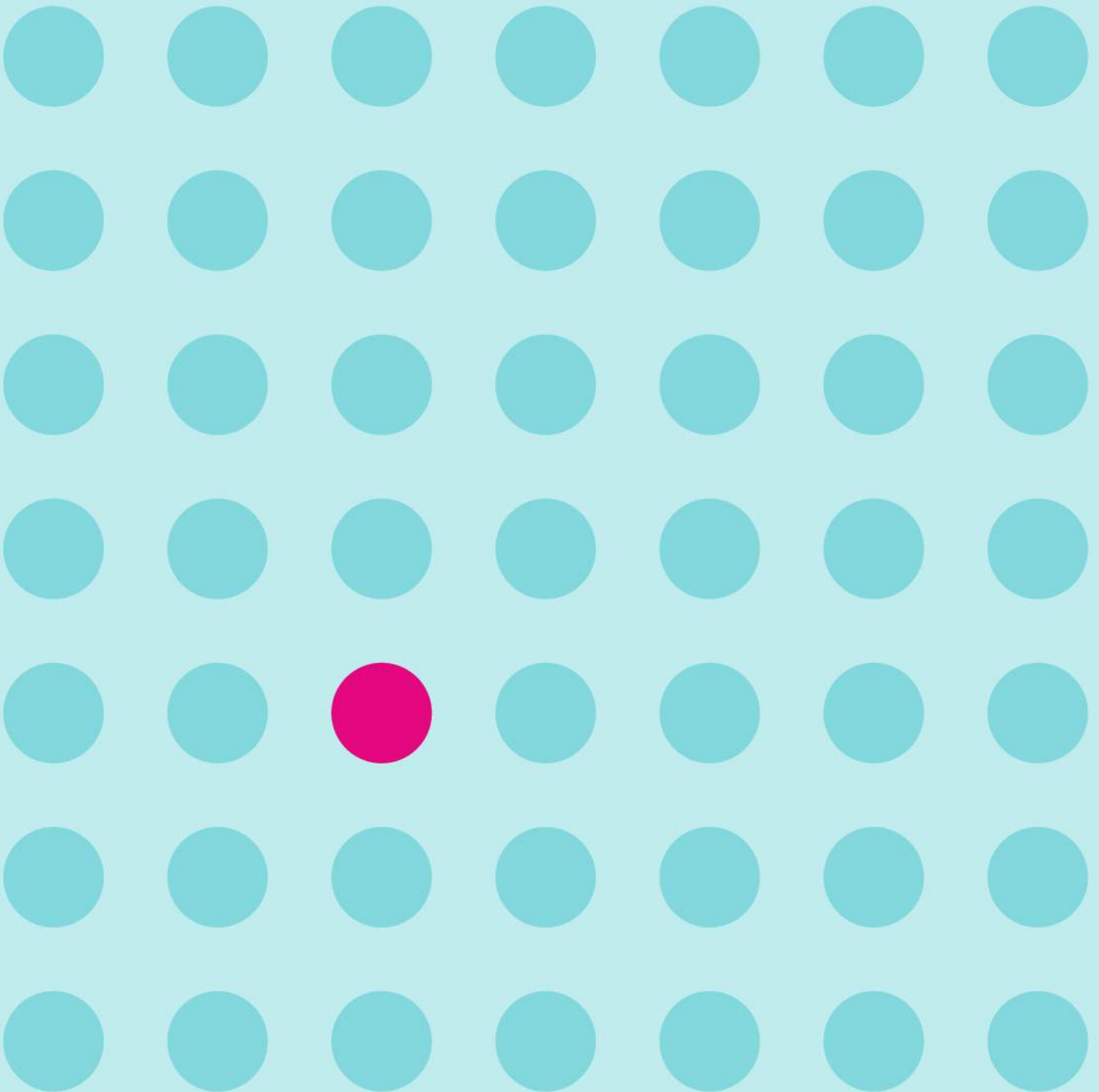




# Workplace Movement

Forward Thinking for Active Workplaces





**Workplace  
Movement**



# Forward Thinking for Active Workplaces

**Active workplaces are healthier, happier and more productive, with less stress, lower absence and better performance.**

Is your organisation sitting still while others are moving forwards? Join the Workplace Movement and we provide everything you need to get your people moving.

Powered by Active Partnerships, the nationwide charitable network engaging communities and transforming lives through sport and physical activity.

Through our previous workplace service, Workplace Challenge, we helped over 64,000 users see the benefits of active working.



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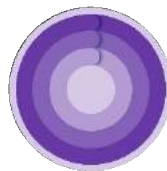
# Join Workplace Movement

**We want to help make every day a good day at work, for your people and your organisation, creating a culture where healthy, happy staff can perform at their best.**

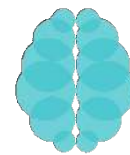
Our aims and objectives are:



Helping your organisation see the business benefits of an active workforce



Reducing sedentary behaviour and encouraging an active workforce



Improving health and wellbeing with less stress in the workplace





# Workplace Movement



## Get Your Workplace Moving

**Our range of tools, resources and support is designed to make a positive impact right across your organisation. Your own Workplace Movement online dashboard puts you in control. Choose a package that works for you.**

- Workplace Movement benchmark tool
- Staff wellbeing survey
- Online resource library
- Training courses
- Bespoke activity tracking challenge
- Expert support and advice from your local Active Partnership

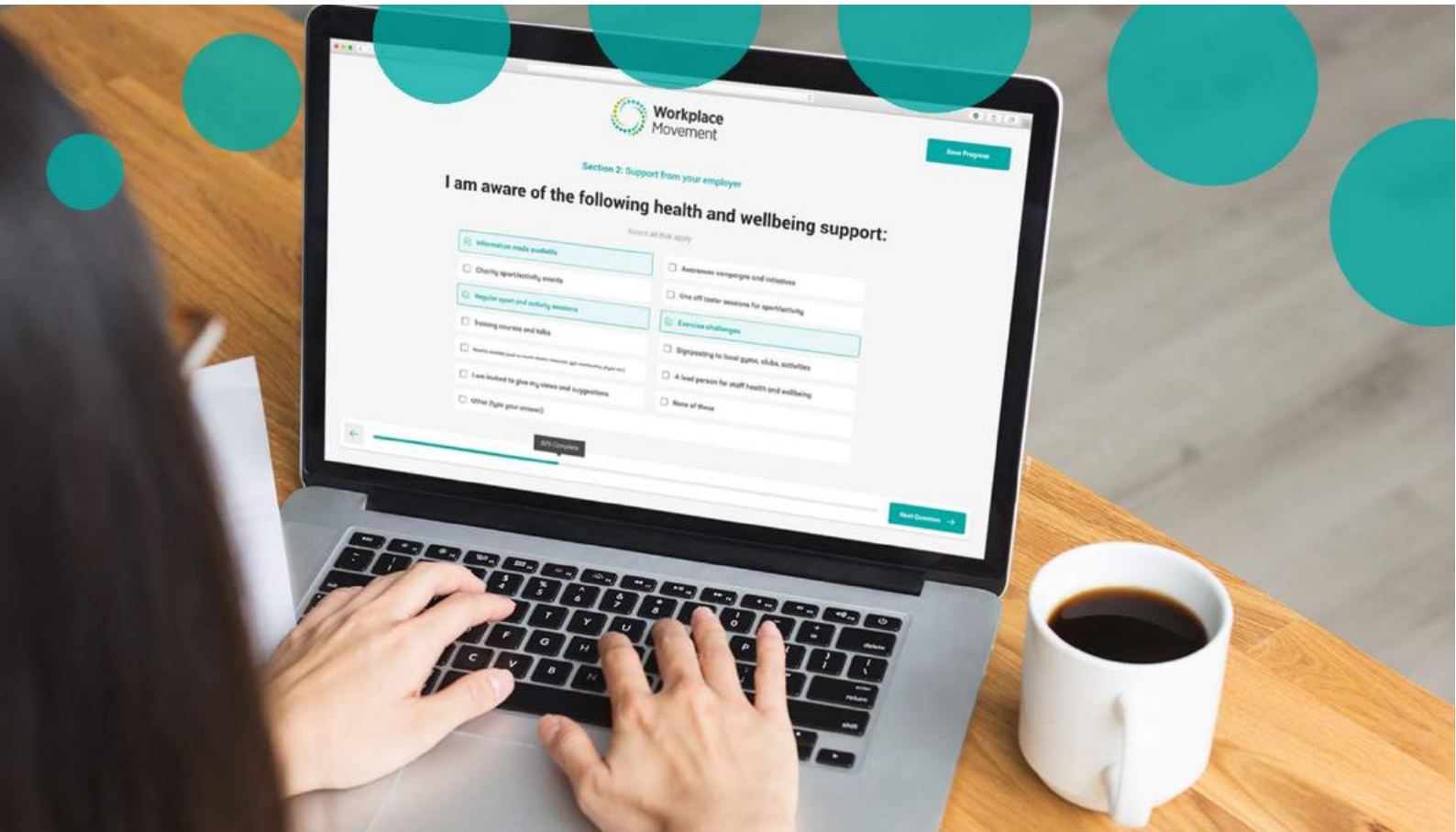


## Workplace Movement Benchmark Tool

**Our interactive online audit tool makes it simple to assess how your organisation supports active working and provides a clear framework to help you make improvements.**

- Instant report with comprehensive results and analysis gives a score out of 100. Personalised recommendations help your organisation move forward.
- Four levels awarded based on your score (weighted for workplaces of different sizes). Proudly display your Workplace Movement ribbon to share your success.
- Two uses in 12 months: benchmark, follow the recommendations, use the resource library and support from your local Active Partnership, then repeat later in the year to assess your progress.





## Staff Wellbeing Survey

**People are the most important asset for any organisation. Our easy to use survey platform helps to engage your team and together with the benchmark tool provides a complete picture of workplace wellbeing.**

- Covers health and wellbeing, activity habits, barriers to being active, awareness of workplace support and what staff would like to see next.
- Health and wellbeing advice and guidance for all those who take part.
- Collated, anonymised report with analysis of responses for your organisation.
- Two uses in 12 months allows you to assess the impact of workplace wellbeing initiatives.



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# Resource Library

**A bank of downloadable resources on physical activity with links to mental health in the workplace, alongside additional material from expert partners. Perfect to create a supportive workplace environment which encourages active working.**

- Five sections including policy templates and guidance, the business case, information leaflets and posters, quizzes and worksheets, partner resources and signposting.
- Unlimited downloads.
- Resources ready to share or print.
- New information and resources added regularly. Everything you need to get your workplace moving.





## Training Courses

To support the Workplace Movement online tools and resources, a range of on-site training is available, delivered by your local Active Partnership.



### Workplace Physical Activity Champions

Advice, guidance and skills to help forward thinking individuals in your own team become the driving force for positive workplace culture.



### Physical Activity in the Workplace

Raising awareness and empowering your people to sit less and move more to improve health and work performance.



### Physical Activity for Good Mental Health

Support and advice to improve mental health and reduce stress through physical activity.





# Activity Tracking

**Create your own bespoke exercise challenge to motivate and engage your workplace. Provided by our partners, Cuttlefish, using Sportsuite Workplace Activity Tracker.**

- You choose the right challenge, tailored to your workplace, with your chosen duration, targets and activities. Walking, running, cycling, steps – it's up to you.
- Manage the process through a standalone challenge dashboard with reporting and engagement tracking.
- A great way to encourage your team to be active, boost morale and build team spirit.





**Workplace  
Movement**



# Active Partnerships

Engaging Communities, Transforming Lives

## Active Partnerships

**Nationwide coverage with bespoke local support from the experts in sport and physical activity. We are the charitable network powering Workplace Movement.**

Our 43 Active Partnerships have unrivalled connections to link your team in with opportunities to get active, volunteer and engage with sport for social good. Your Workplace Movement dashboard will connect you with your nearest Partnership.

In addition to our online tools, your nearby Active Partnership provides the human touch to keep your workplace moving in the right direction, with services such as training, workplace games and consultancy available in many areas. Due to local variance in funding and capacity the additional support each Active Partnership can provide may vary. The Active Partnerships national team and selected partners are also on hand to help.

Find out more about at [www.activepartnerships.org](http://www.activepartnerships.org)



## Business Benefits

**We have designed Workplace Movement to help your organisation achieve the numerous benefits of being an active workplace.**

Physical inactivity and sedentary behaviour are harmful to health and have a significant impact on sickness absence, presenteeism and workplace performance. The annual cost to UK businesses is £6.6billion. The top three causes of long-term sickness absence and two of the top three short-term causes are associated with a lack of physical activity, with reduced risk and better management of conditions in physically active employees.

Physically inactive workers lose up to four and a half working days per year compared to those who are active, through absence and presenteeism.

Being active is vital for good health. Those who are active have lower risk of depression, anxiety and stress and physical activity helps to reduce symptoms and manage existing conditions. Workplace morale, teamwork and concentration are improved by physical activity and sport.

**Physical activity reduces absence, reduces presenteeism, improves performance, improves physical and mental health and provides a significant return on investment.**





## Affordable Pricing

As a charitable network, we have designed Workplace Movement to be accessible, providing a high-quality service at low-cost. You can choose a range of services to suit your workplace.

### Standard Package

**£500**<sub>ex VAT</sub>

12 months access

- ✓ **Benchmark Tool**
- ✓ **Resource Library**

Staff Wellbeing Survey

Training Course  
Delivered On-site

**Plus**

Option to purchase bespoke physical activity tracking challenge and additional training courses.

### Advanced Package

**£750**<sub>ex VAT</sub>

12 months access

- ✓ **Benchmark Tool**
- ✓ **Resource Library**
- ✓ **Staff Wellbeing Survey**

Training Course  
Delivered On-site

**Plus**

Option to purchase bespoke physical activity tracking challenge and additional training courses.

### Premium Package

**£1000**<sub>ex VAT</sub>

12 months access

- ✓ **Benchmark Tool**
- ✓ **Resource Library**
- ✓ **Staff Wellbeing Survey**
- ✓ **Training Course  
Delivered On-site**

**Plus**

Option to purchase bespoke physical activity tracking challenge and additional training courses.

### Large or Multi-site Workplaces

For workplaces of more than 250 employees or those with several sites we are happy to provide a bespoke package of support. Please get in touch to see how we can help your organisation join the Workplace Movement.

All prices shown are for 12 months access. Optional physical activity tracking challenge and training courses are available, for additional cost, based on your requirements. Additional services from your local Active Partnership are available in some areas – this support and any costs may vary based on local capacity and funding, but do not affect core services shown above.



**Workplace  
Movement**

# Contact Us

**We love talking all things workplace wellbeing and would be very happy to discuss how we can help your organisation move forwards.**

- [www.workplacemovement.co.uk](http://www.workplacemovement.co.uk) to find out more and register now.
- [info@activepartnerships.org](mailto:info@activepartnerships.org) to email any questions.
- [www.activepartnerships.org](http://www.activepartnerships.org) to find out more about our work tackling inactivity and for details of your local Active Partnership.
- [@WrkplaceMovemnt](https://twitter.com/WrkplaceMovemnt) to follow us on twitter
- [@ActivePartners\\_](https://twitter.com/ActivePartners) to follow our main Active Partnerships twitter stream





# Workplace Movement



## **Workplace Movement is a service provided by Active Partnerships.**

Active Partnerships (formerly known as County Sports Partnership Network) is a company registered in England and Wales, no. 7800542 and registered charity no.1144600 . Registered Office: SportPark, Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire LE11 3QF