

# Corporate Membership



helping you keep a healthy  
and active workforce

anglia  
community  
leisure

Working in partnership with **Forest Heath District Council**

# Do you have a healthy and active workforce?

Taking action to prevent ill health, promote fitness and well-being across the whole spectrum of staff can make good business sense for employers.

A healthier workforce whatever their age range can bring real benefits to an organisation including:

Improved performance and productivity

Reduced absenteeism and staff turnover

Improved morale and positive team building

Regular exercise will improve your employees physical and mental health and well-being, helping to improve their work-life balance and reduce stress



# Corporate membership can help you build and energise a healthy workforce by:

Improving Awareness of the benefits of a healthy lifestyle

Building and maintaining Commitment to change and turning that 'should do' into 'must do'

Developing Lifestyle skills to keep people active and to improve their personal health and wellbeing

If you are a registered business or Charity with 6 or more employees it's easy to set up a corporate membership with Anglia Community Leisure.

There are no complicated and restrictive contracts.

Simply choose from the options below:

Corporate rate:

Employees benefit from a special corporate discount of more than 10% off the full price

10%

Corporate contribution

There are 3 options. The company can either pay:

1. The employee's membership in full
2. Part of the membership
3. All the membership but they deduct a monthly sum from the employee's pay

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To energise your business by introducing a corporate health scheme for your employees contact our Health & Fitness Manager on:

**01638 782500**

# The hard facts:

Stress is now the most common cause of work absence. 10.3 million working days are lost in the NHS in England each year. This is the equivalent of 45,000 wholetime equivalent (WTE) staff or some 4.5% of the current workforce. The annual direct cost of absence is some £1.7 billion a year.

**The Boorman Review 2009**

The Sainsbury Centre for Mental Health have estimated that the costs associated with loss of productivity for those who are at work but unwell, 'presenteeism', is even greater than the costs of work absence, estimated at £100 billion in 2007. The latest occupational research shows that stress accounts for 80% of lost productivity.

**'presenteeism' – working when unwell**

6.5 million days every year are lost through stress-related illness according to statistics.

**Preventicum (London Centre of Preventative Medicine).**

It is estimated that more than half the population does not participate in levels of physical activity sufficient to promote good health.

Physically active workers have been shown to take 27% fewer sick days.

**Health, Work and Wellbeing Programme 2008**

**Apply for your Active Leisure Card  
by picking up an application form  
in any of our receptions**



**Newmarket Leisure Centre 01638 782500**

**Mildenhall Leisure Centre 01638 717737**

**Mildenhall Swimming Pool 01638 712515**

**Brandon Leisure Centre 01842 813748**

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