

## **Workplace Movement Toolkit**

### **Active Workplaces Are Healthier, Happier and More Productive with Less Stress, Lower Absence and Better Performance**

Despite the clear benefits for individual health and organisational performance achieved through physical activity, the main causes of sickness absence and poor performance in the workplace are linked to a lack of activity. The average UK worker spends around nine hours a day sitting still, which can contribute to significant health risks.

#### **What is Workplace Movement?**

[Workplace Movement](#) is a digital toolkit, designed to enable workplaces to support and improve the health and wellbeing of their staff. Workplace Movement aims to reduce sedentary working, encourage movement and activity and support employee wellbeing, which in-turn contributes to positive business benefits.

Whilst there are numerous workplace health and wellbeing providers, Active Devon's approach to workplace wellbeing is driven by supporting and encouraging movement and physical activity and the positive impact this can bring.

Workplace Movement provides a range of digital health and wellbeing resources focused on physical activity, including a **Workplace Benchmark Tool**, **Staff Wellbeing Survey** and **Digital Resource Library**.

At Active Devon, we are also able to offer additional support through [employee training](#) and [online activity challenges](#), to compliment the Workplace Movement toolkit.

#### **Benefits of the Workplace Movement Toolkit**

- The audit tool allows your workplace to better understand what it is currently doing and not doing, to support employees to be active whilst at work. This is the first and most crucial step to improving your workplace wellbeing agenda
- A comprehensive audit report is produced with information on how to make improvements to your workplace wellbeing strategy
- A follow-up meeting covering how to put the information from the report into action and where to start
- An employee survey function to allows you to better understand how your staff are feeling and what might better support and enable them to be active
- A digital resources library with lots of supporting information that can be shared with your workplace, including appropriate policy templates
- 12-month access and the ability to complete the audit twice, with a minimum of 6 months between completions to help assess your progress

#### **Why Should Workplaces Worry About Physical Activity?**

- Two of the main causes of workplace absence are [Musculoskeletal \(MSK\) issues and mental health](#)
- Not only do physically active employees take [fewer sick days](#), but physical activity can also directly impact the negative effects of both MSK related conditions and mental health
- Less employee absence means greater financial savings for your workplace
- Employees who are more active are happier, healthier and more productive

## Pricing

Basic Package	Advanced Package	Premium Package	Large or Multi-site
<p><b>£500</b> ex VAT /per year</p> <p><b>membership fee</b></p> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Benchmark Tool</li><li><input checked="" type="checkbox"/> Resource Library</li><li><input checked="" type="checkbox"/> Staff Wellbeing Survey</li><li><input checked="" type="checkbox"/> Training Course Delivered On-site</li></ul> <p><b>Plus</b></p> <p>Option to purchase bespoke physical activity tracking challenge and additional training courses.</p> <p><a href="#">Buy Now</a></p>	<p><b>£750</b> ex VAT /per year</p> <p><b>membership fee</b></p> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Benchmark Tool</li><li><input checked="" type="checkbox"/> Resource Library</li><li><input checked="" type="checkbox"/> Staff Wellbeing Survey</li><li><input checked="" type="checkbox"/> Training Course Delivered On-site</li></ul> <p><b>Plus</b></p> <p>Option to purchase bespoke physical activity tracking challenge and additional training courses.</p> <p><a href="#">Buy Now</a></p>	<p><b>£1000</b> ex VAT /per year</p> <p><b>membership fee</b></p> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Benchmark Tool</li><li><input checked="" type="checkbox"/> Resource Library</li><li><input checked="" type="checkbox"/> Staff Wellbeing Survey</li><li><input checked="" type="checkbox"/> Training Course Delivered On-site</li></ul> <p><b>Plus</b></p> <p>Option to purchase bespoke physical activity tracking challenge and additional training courses.</p> <p><a href="#">Buy Now</a></p>	<p>Are you a large or Multi-site organisation? Get in touch to see how we can help your workforce become a part of the Workplace Movement.</p> <p><a href="#">Get in Touch</a></p>

All packages include 12-months access to the Workplace Movement Toolkit, with the ability to complete the Benchmark Audit twice within your 12-month period.

## No Contract

- The Workplace Movement toolkit is a one-off purchase that provides your workplace with online access to the Workplace Movement website/platform for 12 months
- There are no contracts and no obligation to purchase a further license after your initial 12 months has come to an end. Although, we would recommend an additional 12 months, to allow your workplace to continue to benchmark and to ensure that your workplace wellbeing agenda is continuing to evolve and progress