

Getting Fit for Business Growth: The Mini Office Gym

EXponential
Training & Assessment

Getting Fit for Work

Organisation:

Exponential Training & Assessment Limited

"I used to go to the gym regularly, but today I am so busy I often start work early or finish late. Finding the time and the motivation to go to the gym was getting harder and harder"

John Moore, Managing Director

Summary

An alternative to employee gym vouchers is to set up your own office-based mini-gym.

Challenges

The problem for many of us is having the time to exercise – the idea of visiting the gym after work just does not appeal to most people.

Exponential's Directors considered introducing an employee gym-voucher scheme so staff could use a local gym, but the idea was greeted with a mixed reaction – the solution was to set up its own mini-gym.



The F4BG Assessment

Exponential's F4BG assessment highlighted the need to improve in one main area: Wellness in Business Practices. The F4BG assessment highlighted three specific areas for improvement: work-life balance, wellness and mindfulness and employee welfare.

The Solution

The solution was simple. It was agreed that a rarely used office on the first floor would be equipped with some exercise equipment. One month later, the mini-gym is equipped with an exercise bike, a cross trainer, an exercise mat, and other fitness kit and weights was ready to use.

Results and Future Plans

Today, half of the Directors and staff use the mini-gym at least three times a week. What made a difference was when a television and DVD player was set up – now people can exercise whilst watching a movie, listening to music.

Fit4BusinessGrowth is a project funded by the Erasmus+ programme.

The project aims to help small and medium enterprises to improve performance and productivity using High Performance Work Practices, Wellness Practices and Business Growth Coaching.



Photo: Exponential's mini-office gym

"I would love to think we could have short, informal meetings whilst using the exercise bike or the cross trainer, but I think we need to balance fitness at work with health and safety".

John Moore, Managing Director



Fit4BusinessGrowth
Leading By Example

For further information visit:

www.fit4businessgrowth.eu



Erasmus+

Disclaimer: This project has been funded with support from the European Commission. This document reflects the views only of the author and the Commission cannot be held responsible for any use which might be made of the information contained herein.