



TeamUp, Move More.

Do your staff exercise for 150 minutes per week?

Well, they should.

It's the international recommendation for adults and a lack of exercise is impacting on the physical and mental health of the workforce.

WORKPLACE CHALLENGE

Athlete-grade fitness most
certainly not required



Time to take notice

14% Employees report suffering with mental ill health

89% Of those employees report that their illness affects their working life

Poor mental health was the leading cause of British workers taking time off for illness in 2021



Adults should exercise for 150 minutes per week.

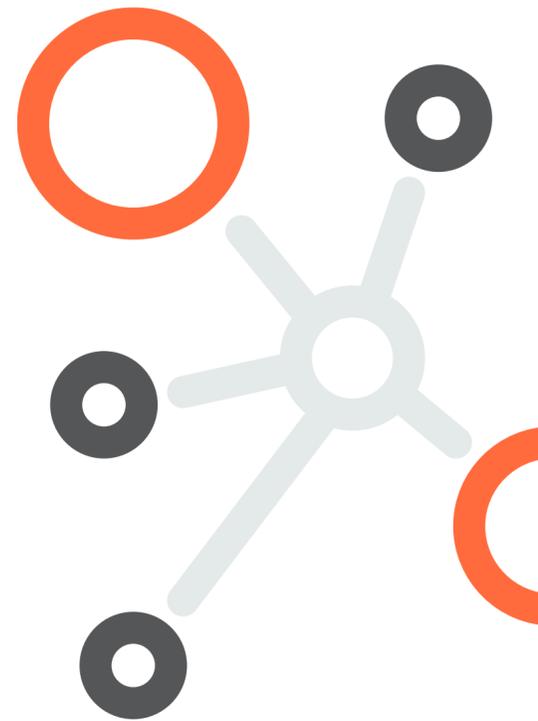
About 40% don't.

Being active improves our physical and mental health. The main reason people don't exercise enough is a lack of motivation. This is the problem that needs solving.

Sources: CV Library, WHO, NHS



Social connection



42% Employees report worse social connections at work as a result of Covid-19

Feeling socially connected, especially in an increasingly isolated world, is more important than ever.

Work-from-home and hybrid set ups are here to stay.

You need your workforce to feel connected and maintain social relationships, wherever they are, not just with colleagues but with friends and family too.

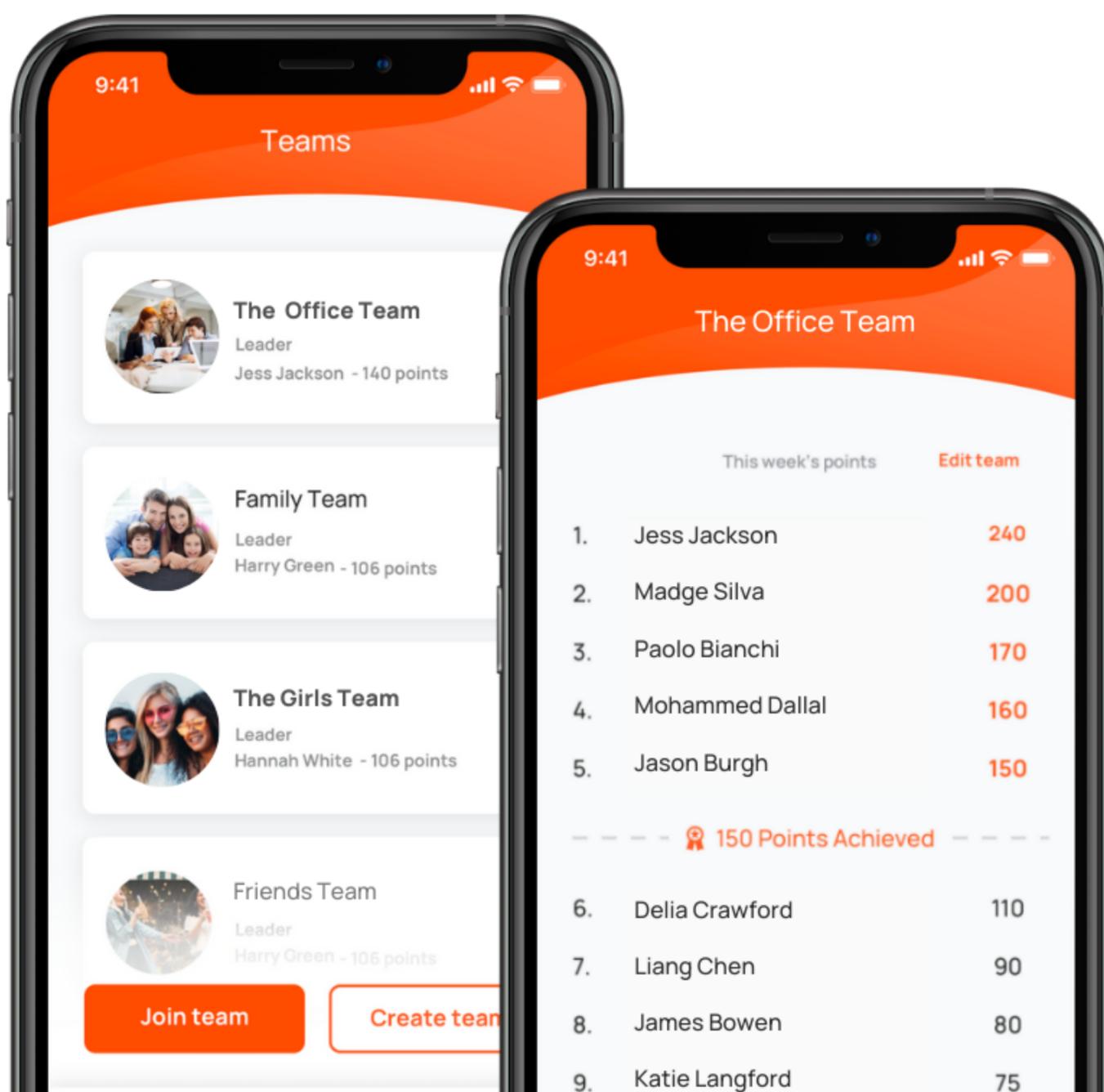
You can now facilitate this.



Time to TeamUp

Create teams with your workmates, friends and family. Exercise where, when and how you like, aiming for 150 minutes per week.

You'll earn one point per minute of exercise.



Ticking boxes

Motivating. Leader-boards for each team will provide that 'healthy competition' needed to nudge people along



Inclusive. Exercise where, when and how you like. Anyone can take part, no matter their age or fitness.



Social. When your staff log points (minutes) it will post to the feed of everyone in their various teams (hugely powerful motivator!)



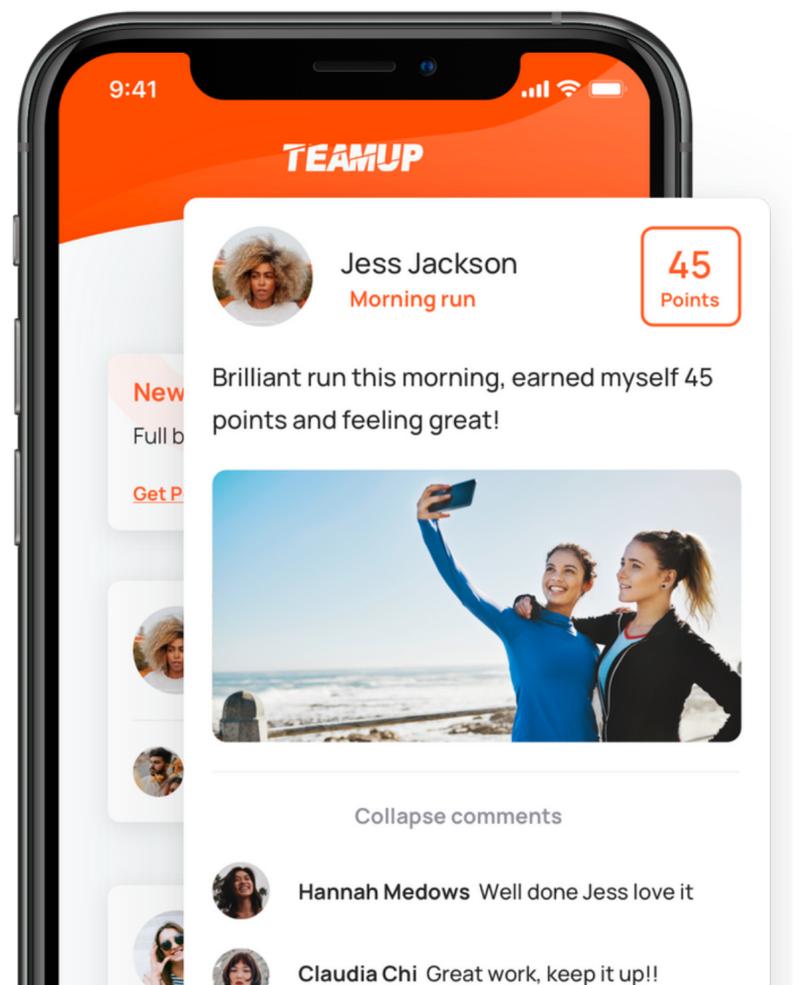
Connective. Having teams, not just with colleagues, but with friends and family creates those vital social connections.



Motivation from others

We know getting a pat on the back from the boss, or from colleagues is super-motivating at work.

When staff log points for exercising it posts to the feed of their connections, creating the same rewarding effect.



Up for the challenge?



As part of the TeamUp launch we're running a 28-day challenge and invite your business to take part, **free of charge.**

- Monday 7th March 2022 for 28 days, for as many employees as you like
- All staff use the TeamUp App to log their points (minutes)
- Staff will create teams with their friends and family as well as with colleagues
- Everyone will exercise where, when and how they like
- Target is 150 points (minutes) per week

To take part with your business, please get in touch.

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