

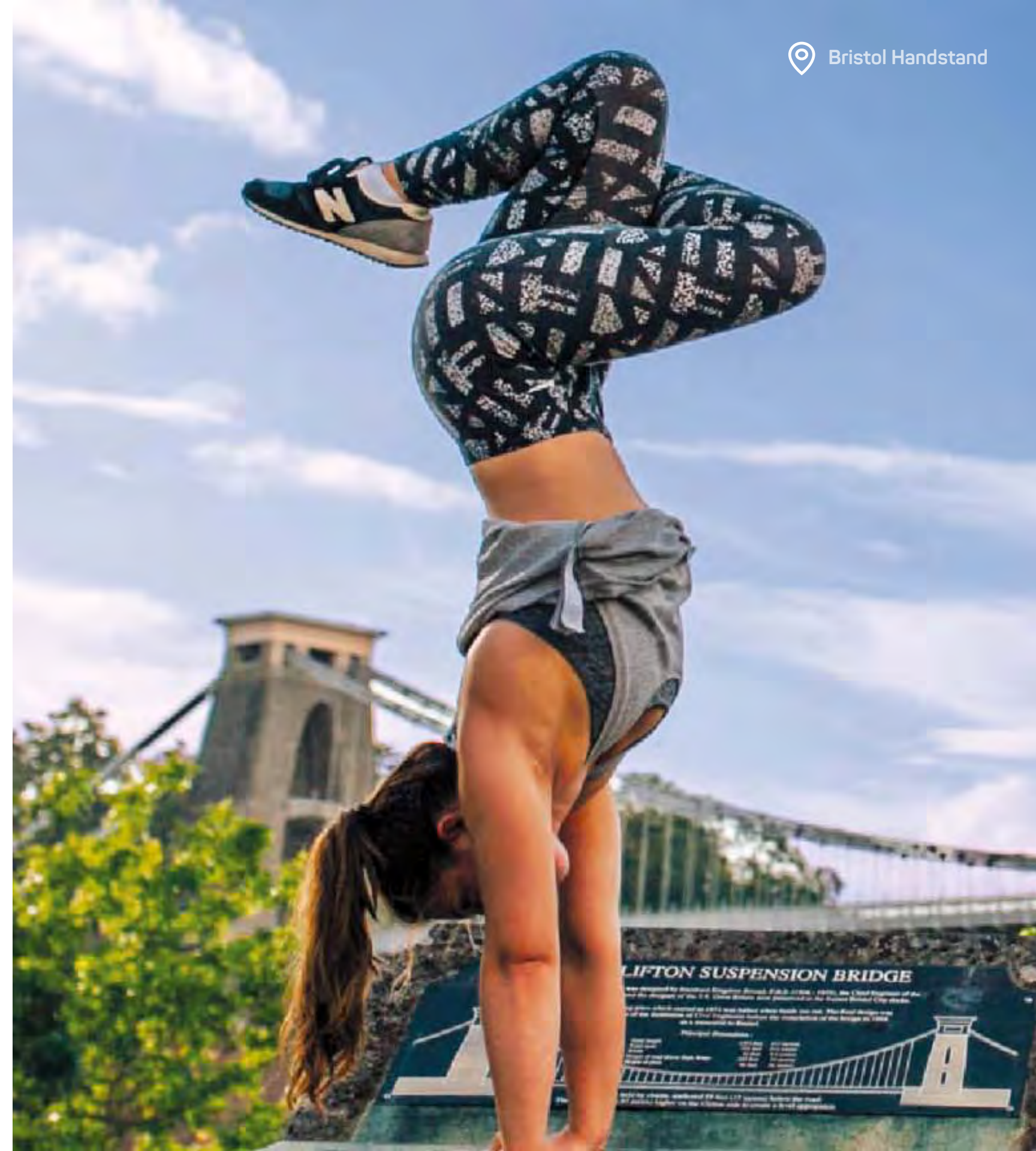
moveGB

MoveGB Discovery
A Corporate Health
Membership Designed To
Improve Employee Happiness

Why invest in employee health?

Healthy Employees = Healthy Profits

- People that participate in at least 150 minutes of exercise a week are **3 times less likely to suffer from depression.**
- Physically active employees take **27% fewer sick days.**
- Employees with healthy habits are **3.1 times more productive** than their unhealthy peers!
- Reductions in stress helped by regular exercise leads to a **25-40% decrease in musculoskeletal ailments.**
- Customers love the energy healthy employees convey.
- Employee Health and Wellbeing is a key weapon in the corporate battle to **recruit and retain talent!**
- Each employee leaving a company **costs, on average, £30,614** to replace when including hidden costs like management training and interviewing time alongside recruitment fees!





What Is A Successful Physical Activity Plan?

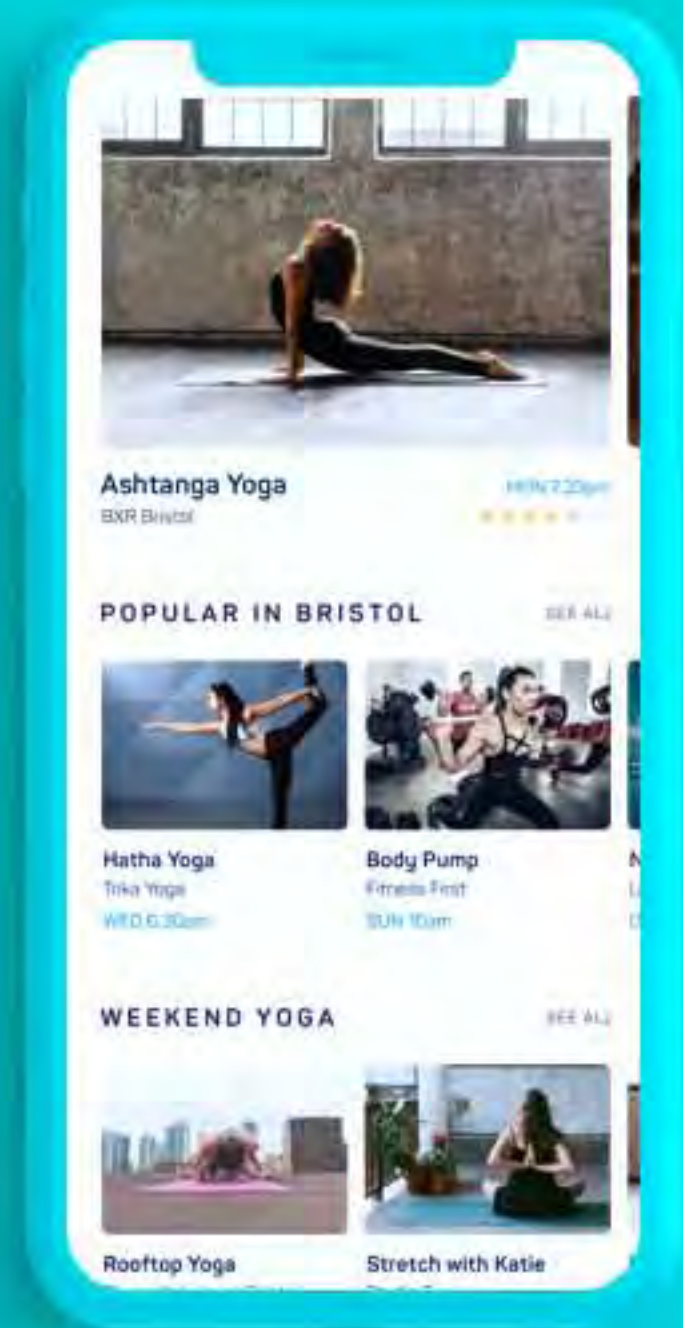
- 1 Appealing To Everyone
- 2 Convenient
- 3 Sustainable
- 4 Enjoyable
- 5 Supportive
- 6 Inclusive
- 7 Easy To Use
- 8 Flexible
- 9 Affordable
- 10 Beneficial

MoveGB Discovery Experience?

The MoveGB Discovery Membership offers unlimited fitness at hundreds of locations. You provide your employees with an opportunity to “Discover” fun activities that can become sustainable routines. Each fitness provider on the Discovery Plan offers at least one free admittance every 90 days

“ MoveGB has been a real success, it’s allowed me to manage a busy family life with my career and still find time to workout.

“ I was so pleased when we signed up to Discovery. I did at least one new activity every week with a colleague and eventually upgraded to a full membership. Having access to so many classes for free was the motivation I needed to finally be more active!





Virgin
active



everyone
ACTIVE

 Redpoint
Bristol



YOGASPHERE



more  yoga
HEALTH AND FITNESS



workout
BRISTOL



Booking and Checking In

Your team will receive a unique code to activate their membership. Once activated, booking a class couldn't be more simple. Download our app or simply book on our website. Classes and venues provide immediate confirmation on booking. If there's any questions that need answered our customer services team are on hand from dawn to dusk.



Book



Check In



Attend



Packages and prices to suit your organisation's wellbeing plan and budget

For more information contact:
corporate@movegb.com
or visit corporate.movegb.com

£10

Discovery 90: Access to an unlimited number of different fitness providers for 90 days.

£18

Discovery 180: Access to an unlimited number of different fitness providers for 180 days*.

£30

Discovery 365: Access to an unlimited number of different fitness providers for an entire year*

Tailored Package Available

*All fitness providers included in the Discovery plan offer **at least** one free visit every 90 days.

Additional Benefits:

- Each member has 6 months to activate their membership.
- Add new members at any time.
- Upgrade at any time.
- Receive discounts and offers at selected visited partner venues.
- 10% discount on any MoveGB membership package.