

Workplace Gym Facilities: How Employee Physical Activity Impacts Business Results

Discover how workplace gym facilities can boost employee health and productivity while reducing healthcare costs. Start building a healthier, more engaged workforce today!



The Shift Toward Employee Wellness

Today, maintaining health and good physical condition has become a top priority for many. Over the past five years, there has been a noticeable shift in how people approach wellness. More individuals are integrating regular exercise and balanced nutrition into their daily routines.

However, for employees, staying consistent with physical activity presents significant challenges.

Over 50% of workers report difficulty maintaining a gym routine due to limited time and accessibility.

On-Site Fitness Facilities: A Win for Businesses

Companies that invest in workplace fitness facilities and flexible schedules often experience measurable improvements in business performance. Research shows that workplace fitness programs not only enhance employee health but also:

- Boost productivity.
- Reduce absenteeism.
- Foster a positive work environment.
- Minimize workplace conflicts.
- Project a forward-thinking company image.

Employees who engage in physical activity as little as 1 to 3 times per week tend to incur lower annual healthcare costs than their less active peers, regardless of weight or BMI.

Why It Matters to Employees

According to recent studies:

- **73% of professionals** consider workplace fitness and wellness facilities a key factor when evaluating job opportunities.
- **23% of employees** say these amenities directly influenced their decision to join a company.

How to Implement a Workplace Gym Facility

1. Understand Employee Needs

Start by surveying employees to gather insights into their fitness habits, preferences, and wellness goals. Here are some key areas to explore :

- Current exercise routines and barriers to maintaining them.
- Interest in specific types of fitness programs or equipment.
- Unique health considerations or accommodations required.

Analyze the responses to identify patterns and segment employees by fitness level (e.g., beginner, intermediate, advanced) and demographic factors like age or gender. This data will guide your decision-making process.

2. Design the Right Facility and Programs

Use the survey insights to create a gym facility tailored to your team's needs. Ensure inclusivity by choosing equipment and programs that cater to all fitness levels. Complement this with flexible work schedules to help employees integrate exercise into their day.

In addition to gym equipment, consider offering:

- **Group fitness classes** (e.g., yoga, strength training).
- **Wellness challenges and incentives.**
- **Access to virtual fitness programs** for remote employees.

3. Partner with Experts

Collaborate with trusted fitness partners to streamline the setup process. Life Fitness provides comprehensive services to help businesses create effective workplace wellness environments. From consulting and equipment to tailored wellness programs, these solutions are designed to improve employee health and engagement, ultimately enhancing productivity and satisfaction.

Why Workplace Gyms Are a Strategic Investment

Investing in workplace fitness facilities isn't just a perk; it's a strategic move that can transform employee well-being and drive business success. By creating a supportive environment that prioritizes health, companies can:

- **Attract top talent** by offering sought-after wellness amenities.
- **Reduce healthcare costs** through proactive health management.
- **Build a thriving workplace culture** that values employee well-being.

Get Started Today

Creating a workplace gym facility is an investment in your employees and your business. By understanding your employee needs, designing inclusive facilities, and partnering with experts, you can build a healthier, more engaged workforce.

Take the first step toward a healthier workplace. Contact Life Fitness today to explore customized corporate wellness solutions that meet your team's needs.

Sources

1. "The Impact of Physical Activity on Workplace Productivity," Harvard Business Review, 2021.
2. "Employee Wellness Programs: Benefits and Statistics," SHRM, 2022.
3. "Corporate Wellness Trends: What Employees Want," Gallup, 2022.
4. "Reducing Healthcare Costs Through Workplace Fitness," Journal of Occupational Health, 2023.