



It's time to get your staff healthy!

Invest in your staff's
Wellbeing for a
healthier happier
workforce...



Introducing Premier...

Premier are the UK's **number 1 sport and physical activity provider**, delivering industry-leading Sport, Arts and Wellbeing programmes within schools and local communities since 1999.

As an organisation that invests in their staff and provides health and wellbeing initiatives, we know first-hand the benefits that regular exercise and physical activity can have on the workforce.

This is why we are offering our Fit-Triton programme to organisations as part of a Corporate health and wellbeing initiative.



What is Fit-Triton?



Fit-Triton offers convenient fitness activities designed for your staff, to provide a functional, practical and **CONVENIENT** opportunity to exercise, underpinned by a whole family approach to nutritional guidance.

Held in an office environment, the 12-week course is divided into 2 blocks of 6 sessions. Each individual block follows a different style of training, using a different timing and loading system with ultimately the same impact.

Investment in your staff...

Investment in your staff extends beyond just giving them the opportunity to be active at a convenient time.



Did you know...

Over **15 million days** are lost to stress, depression or anxiety in 2014 and that employers spend over **£9 BILLION** on sick pay and other associated costs annually?

From as little as **£48 per staff member**, you can invest in a **12-week Fit-Triton programme**.

How can Fit-Triton help YOUR business?



Improved productivity

Employers offering and measuring their wellbeing efforts reported **66% increase in productivity** and **63% for financial sustainability**.



Happier staff

Employers offering and measuring their wellbeing efforts reported that staff are **67% more satisfied** with their roles.



Reduced absenteeism

More than half of employers offering wellbeing initiatives reported a decrease in absenteeism.



Reduced stress

49% of people feel stressed at work on a daily basis.



Healthier staff

Fit-Triton supports **improved muscle tone, body composition and self-improvement**, while providing practical and usable nutritional advice.



Staff retention

30% of employees would consider leaving a company over wellbeing concerns, with a further 26% saying it would affect their thinking on long-term employment.



Team morale

Low employee morale is usually a sign of stress, low engagement, lack of physical exercise and health issues.



Attract top talent

Attract and retain top talent by committing to a workplace wellbeing strategy.

Why is workplace health so important?

The combined cost of lost productivity is **£100bn** annually!



are **lost** due to **absence** annually.



UK employees have a **physical health condition**.



of employees experience at least **one period of sickness** in a year!



Employers spend **£9 billion** each year on **sick pay** and **associated costs**

We can help...



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