



WHAT YOUR EMPLOYEES Want in Wellness



GlobalFit surveyed over 3,000 employees from client organizations like yours.

Here's what they told us...

SURVEY SAYS:

Goals & Challenges

TOP WELLNESS GOALS

Weight loss and overall health improvement ranked at the top for your employees' top wellness goals.

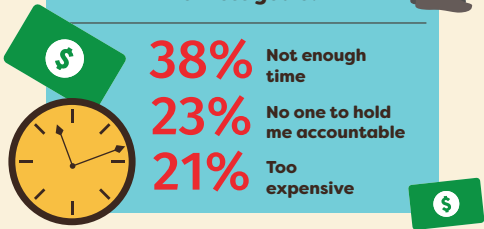
44% Weight Loss
35% Overall Health



CHALLENGES

What do your employees see as barriers for accomplishing their wellness goals?

38% Not enough time
23% No one to hold me accountable
21% Too expensive



NEED FOR INFORMATION

Your employees are looking for more information. Over 60% of employees want to know more about:

- Weight loss
- Stress management
- Healthy eating
- Sleep improvement



Activity & Wellness Programs

FAVORITE FACILITIES

75% of employees work out at more than one facility.

Employees want access to traditional gyms and specialty studios.

40% Traditional Gym
+ Barre • Yoga • Cycling
CrossFit • Boot Camp • Pilates • Kickboxing



FITNESS IS EVOLVING

In addition to their favorite facilities, employees want discounted options to find:

- 36%** Yoga mats
- 31%** Fitness class programs
- 50%** Wearable fitness trackers
- 31%** Health coaching via Skype

HEALTHY EATING IS IMPORTANT TOO!

Your employees are interested in healthy eating programs such as:

- Fresh Food Delivery
- Prepackaged Meals

Nutrition Coaching and Personal Consultants



Communications and Rewards

EMPLOYER COMMUNICATIONS

You have the power to build a healthier population.

66% of employees learned about GlobalFit from their employer

WELLNESS CONTENT

Employees want to view wellness content through:

- Print
- Infographic
- Video
- Podcast
- eNewsletter
- SlideShare
- And more!



REWARDS & REIMBURSEMENT

Rewards are often the tipping point from inaction to action. Employees are motivated to get active by rewards and reimbursement.

94% of employees would invest more in their health and fitness if their company reimbursed them

33% of companies are currently reimbursing employees for gym memberships and healthy living expenses



Integrated fitness solutions.

Increase participation in your wellness program by including the discounts and reimbursements your employees are asking for.

Connect with us



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OR CALL 800.294.1500



GlobalFit's Gym Network 360 gives employees access to premier fitness, weight loss, and wellness brands at discounted pricing so they can become more active and adopt healthier behaviors.



GlobalFit Rewards delivers integrated fitness reimbursement that includes gym visit and wearable device tracking in a customized solution allowing you to reward employees for investing in their own health.