



Corporate  
**wellbeing**

mytimeactive



# mytimeactive

Helping people to get more out of life

## About us

We are a social enterprise on a mission to improve wellbeing. We make it simple for people to get more out of life by moving more, eating better, feeling positive and making new friends. We understand what it takes to make a positive impact on everyday wellbeing and we are here to make it simple, easy and more fun for everyone in our neighbourhoods to live longer, healthier and happier lives.

Across the generations, from children to grandparents and everyone in between, we help people get to where they want to be, whatever their starting point. With swimming, gyms, golf, bowling, social and health programmes, our range of wellbeing services ensures we have something for everyone.

### Our services include:



GYM



SWIM



CLASSES



GOLF



FOOTGOLF



PERSONAL TRAINING



DRIVING RANGE



BOWLING



GOLF LESSONS



HEALTH ASSESSMENT



HEALTHY FOOD



WELLBEING EVENTS

And more...





# Why is corporate wellbeing important?

Investing in the wellness of staff is vital to a productive, satisfied and happy workplace. It can increase employee engagement, reduce absenteeism, retain staff, improve productivity, improve morale and demonstrate sustainable business practices.

 **37%**  
Of people have taken stress-related absence from work

 **2% - 10%**  
Annual salary bill likely to be spent on sickness absence

 **90%**  
of employees believe they should be more active in the workplace

 **16 million**  
Work days are lost due to obesity and obesity-related illness every year

**10%**  
Better performance from FTSE 100 companies who report on employee health and wellbeing



## Corporate wellbeing The benefits

Providing corporate fitness and wellbeing facilities is an investment in both your employee's health and your company's future. The benefits are:

### TO THE EMPLOYER

- ✓ Reduced short term sickness
- ✓ Reduced stress levels
- ✓ Enhanced employee loyalty
- ✓ Improved staff productivity

### TO THE EMPLOYEE

- ✓ Reduced stress levels
- ✓ Reduced blood pressure
- ✓ Valued employee benefit
- ✓ Increased energy and motivation
- ✓ Improved work-life balance



# health assessment

A health assessment is more than a check-up. It can be the start of a journey towards better health for your employees and your business.

## KEY FEATURES

- A set of 16 tests aimed at assessing key health risks
- Low cost and highly convenient, with tests carried out in the workplace
- Body Profile Tests to highlight fat levels, body water levels and bone mass
- Blood pressure check
- Cholesterol test to identify high risk of heart disease
- Blood glucose diabetes test

## TAX BENEFITS

Health assessments are classed as a capital allowance as part of capital expenditure.

This means that you, as an employer, can offset the cost of health assessments against tax.

Employees do not have to pay tax either as health assessments are a non-chargeable benefit and therefore exempt.

Our health assessments offer employees in-depth information on their current health, as well as identifying potential future health risks.

Our health experts will educate and offer guidance to your employee on how they can improve their health moving forward. In addition to the assessment, to help your employees become healthier today and in the future we offer a free one-week membership to our leisure facilities to all those who attend our health assessment programme.

Invest in the health of your employees today with our comprehensive health assessments.



## EMPLOYEE BENEFITS

- ✓ Reduction in health risks
- ✓ Increased life expectancy
- ✓ Improved performance
- ✓ Better physical and mental health

## ORGANISATIONAL BENEFITS

- ✓ Reduction in sickness absence
- ✓ Greater employee satisfaction
- ✓ Reduced staff turnover
- ✓ Increased productivity
- ✓ Enhanced company reputation
- ✓ Improved team working





# Our memberships

Because we know that everyone is at their own stage of their wellbeing journey, we've designed our memberships to help your employees understand their health and wellbeing needs, and find activities that suit their lifestyle.

Whether your company is just starting out on its health and wellness journey, or seeking ways to improve, Mytime Active can help you offer wellbeing solutions which make a difference to your employees.

Our great value, corporate membership offer a 20% discount on the standard rate, plus a range of exclusive benefits for your employees and your business. For larger businesses we can also design bespoke corporate packages to suit your unique needs.

# Membership benefits

		Corporate golf and fitness Bromley & Midlands	Corporate fitness Bromley	Corporate golf South
		Minimum of 10 people	Minimum of 15 people	Minimum of 10 people
Corporate benefits	20% off headline rate, pp pcm	✓	✓	✓
	Dedicated Account Manager	✓	✓	✓
	1x Free annual conference room hire	✓		✓
	30% Discount on conference room hire		✓	
	1 x Free annual golf society day	✓		✓
	2 x Open weekends annually for employees	✓	✓	✓
Employee benefits	Full access to all our golf sites	✓		✓
	Unlimited access to our driving ranges	✓		✓
	Unlimited gym access in all our centres	✓	✓	
	Unlimited group exercise classes	✓	✓	
	Unlimited use of our swimming pools	✓	✓	
	1 x Free HealthAssessment	✓	✓	✓
	Free programme review every 6-8 weeks	✓	✓	
	1 x Free junior golf membership	✓		✓
	1 x 7 day leisure or golf pass for a friend or family member	✓	✓	
	1 x free Get Active in Golf course	✓		✓
	25% Discount on buggy and trolley hire			✓
	15% Discount on all food and drink	✓	✓	✓
	10% Discount on driving range		✓	
	10% Discount on rounds of golf	✓	✓	
	Discount on Mytime Active events	✓	✓	✓
Free access to wellbeing events	✓	✓	✓	



# Where we are

## BROMLEY

1. Biggin Hill Memorial Pool
2. Darrick Wood Swimming Pool
3. The Pavilion
4. The Spa at Beckenham
5. Walnuts Leisure Centre
6. West Wickham Leisure Centre
7. Barnehurst Golf Course
8. Bromley Golf Centre
9. Cobtree Manor Park Golf Course
10. High Elms Golf Course
11. Orpington Golf Centre



## THE MIDLANDS

1. Hilltop Golf Course
2. Boldmere Golf Course
3. Pype Hayes Golf Course
4. Hatchford Brook Golf Centre
5. Cocks Moors Woods Golf Course
6. Harbourne Church Farm Golf Course
7. Lickey Hills Golf Course



## THE SOUTH

1. Dibden Golf Centre
2. Hollingbury Park Golf Course
3. Southampton City Golf Course
4. Waterhall Golf Course



mytimeactive

Helping your employees get more out of life with....



GYM



SWIM



CLASSES



GOLF



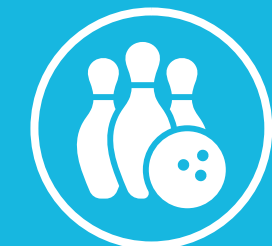
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