

A group of runners in motion, with the word 'FAST' overlaid in large red letters. The runners are wearing various athletic shoes and shorts, and the background is blurred to suggest speed. The word 'FAST' is in a bold, italicized, sans-serif font. Below it, the words 'WORKFORCE WELLNESS' are written in a smaller, bold, italicized, sans-serif font.

FAST

WORKFORCE WELLNESS

You look after your business, we'll look after your people

Dear X,

Thank you so much for your time earlier.

It was really useful to get this initial insight into your business and establish where the challenges lie. We are really excited about moving forward and possibly working together.

In this document, we have outlined just a few ways in which we believe that the Workforce Wellness Programme could not only help mitigate these challenges, but also how this programme could also increase your bottom line!

Regards,

The Fast Fitness Team

“This experience has given us valuable insight into the importance of our teams’ resilience and well-being.”

*Claire Lister, Head Of Integrated
Adult Community Services*

HOW WE CAN HELP

HIGH SICKNESS & ABSENTEEISM

In Britain, stress, anxiety, and depression are all thought to be responsible for almost half of working days that are lost due to health reasons.

In turn, poor mental health is subsequently costing UK employers around £42 billion each year.

However, there is a solution: corporate wellness!

The return on investment for workplace mental health interventions is currently around £5 for every £1 invested¹.

The **Fast Workforce Wellness Programme** uses the Workplace Resilience and Wellbeing (WRAW) index to measure a participants' mental health. The course tackles each of the five pillars of WRAW, helping your employees boost their self-confidence and inner drive, understand how to maximise resilience, and reduce the risk of illness and burnout.

¹ <https://www2.deloitte.com/uk/en/pages/consulting/articles/mental-health-and-employers-refreshing-the-case-for-investment.html>



HOW WE CAN HELP DISCONNECTED & DISENGAGED EMPLOYEES

A disconnected workforce can be a huge problem for employers as this often leads directly to a high turnover of staff, a breakdown in communication, an increase in errors/mistakes, and ultimately higher costs.

A study by Gallup has found that more than half of disengaged employees say their work life has a negative effect on their health (54%) and wellbeing (51%)².

This survey also found that open communication, respect, positive relationships, teamwork, and trust were the most important factors that contributed towards creating a psychologically healthy workplace.

All of these factors are directly targeted in the **Workforce Wellness Programme** through the use of group workshops, the MyZone community, and coaching.

² <https://news.gallup.com/businessjournal/14500/engagement-keeps-doctor-away.aspx>



“Increases productivity and reassures staff that CCBC care about their wellbeing.”

Pilot Programme Participant

HOW WE CAN HELP POOR MENTAL HEALTH & WELLBEING

Wellbeing isn't just another buzzword, it's essential for creating positive working environments where individuals and organisations can come together and thrive!

Employers have a duty of care to their workforce to ensure wellbeing, and by fostering good mental health and wellbeing practises you can drive forward positive engagement and productivity.

According to a Deloitte survey, 6 in 10 people consider employee assistance programmes and reimbursements for wellbeing expenses as valuable.

With the cost of poor mental health being so high for employers, it's time for your organisation to invest in this area to start enhancing performance!



“ I’m less stressed and able to manage my hectic home life alongside stressful casework.”

Pilot Programme Participant

HOW WE CAN HELP POOR LOW HEALTH & FITNESS

Did you know that;

- 80% of coronary heart disease
- 90% of type 2 diabetes
- 33% cancer

Could be avoided by simply changing to a healthier diet, increasing levels of physical activity, and stopping smoking?⁴

At Fast Way To Fitness, we combat this directly through our programme of regular workouts and performance-based goals.

In our pilot study, the average employee lost 2kg and increased their fitness by 11% in just 6 weeks.

Improving physical fitness not only has a positive impact on workplace sickness and absenteeism, but it also means that employees benefit from improved mental acuity, a healthier reaction to stress, and extended endurance!

⁴ https://www.who.int/dietphysicalactivity/media/en/gsf_general.pdf



“The belt has inspired me to exercise more than ever. It’s nice to have a workout buddy.”

Pilot Programme Participant

WHAT IS INVOLVED?

STEP 1 INSPIRE

As an opt-in programme, our first task is to inspire your employees to take part. We'll launch a 2 week engagement process which will include all the promotional materials you need for any internal campaign. Also included in this stage is a 'go live' workshop where you will introduce Fast Workforce Wellness to your staff.

STEP 2 EDUCATE


Once signed up, your workforce will get access to our online academy where they will be invited to complete the CPD accredited Workforce Wellness Programme. They will also complete some initial assessments and be introduced to the five pillars of WRAW (Workplace Resilience and Wellbeing), which is the foundation of the programme.

STEP 3 SUPPORT

We host fortnightly workshops for participants where we update everyone on the team's progress and take a deep dive into one of the pillars of WRAW. Your staff will also be invited into a private online community, where they can share their successes, problems, and offer support to one another.

STEP 4 MOMENTUM

To ensure your employees don't disengage from the programme, we keep up momentum with a series of challenges, events, and prizes. They also have access to regular 1-2-1 coaching sessions with a member of our team, where they can discuss any challenges they're facing in confidence.

A man and a woman in business attire are looking at a laptop screen. The man is wearing glasses and a suit, and the woman is wearing a dark top. They appear to be in a meeting or collaborative work environment.

““ The Covid crisis has taken a huge toll on us all. But the amazing feedback that the staff gave at the end of the programme proves how helpful it was for them during lockdown. Without the focus, mentoring and exercise I think it could have been a lot worse for a workforce who were already terrified and under huge pressure to keep going with their front-line jobs. ””

Head of the Service, Claire Lister

CASE STUDY

In early 2020, we ran a pilot scheme with a group of 45 employees from the Department for Integrated Adult and Community Services at Conwy County Borough Council. The results from the initial 6 week programme included:

- Average member weight change = 2kg
- Biggest weight loss = 6.5kg
- 71% achieved exercise adherence
- Average body composition change = 2.5% body fat
- Average time of exercise per person = 6 hours per week
- Average Energy Score increased 20%.
- Average Fitness Assessment improved by 11%

At the time of writing, we are five months into a six month follow-on programme. Our success in Phase 1 meant we successfully retained 71% of the original group of participants for this.

WHO WE ARE

The FAST Team have been working in the health and fitness industry for the last 10 years, specialising in body transformation.

In that time we hosted health workshops within multiple local businesses and organisations, however, our founder quickly became frustrated that these weren't helping people achieve results. We have seen first-hand how much other aspects of our clients' lives can be improved when their physical health improves, so we started looking into offering our services B2B rather than purely B2C!

For this, we didn't want to offer a body transformation programme that only measured improvements in weight and fitness. So we researched into alternatives, which directly led to a partnership with The Wellbeing Project and the use of the world's first Workplace Resilience and Wellbeing (WRAW) Psychometric Test.

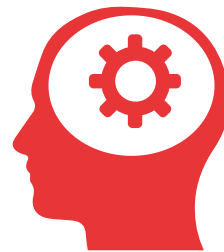
We have since developed the **Fast Workforce Wellness Programme**, which measures the physical and mental health, wellbeing, and resilience of employees.

The programme is designed to help unlock the hidden potential in individuals, teams, and organisations and as a result improving their engagement and performance.



Assess & address

Use the latest science, research, and technology to build a picture



Educate & empower

Provide CPD accredited training and coaching to transform lives



Community & culture

Build inspired communities to engage and motivate each other

THE TEAM

Richard Blake



Richard Blake is a master educator and quickly turned his hand to delivering seminars to over 50 people. His passion lies within creating change within people and helping them realise they are so much more capable than they think. He has worked in the health and fitness industry for over 10 years and racked up over 10,000 hours of coaching. His down to earth and clear cut explanations are well suited to the world of health and wellbeing allowing him to adapt his teachings to each individual to guarantee results.

Mark Bryant



Mark Bryant is the visionary and a constant creator. Some people call him the energiser bunny! He rebuilt his own immune system when he was put onto palliative care in 2016 and his energy and enthusiasm for life is infectious, which is great news for our team and anyone who takes part in this programme.

Benjamin Owen



Benjamin Owen is a young British Entrepreneur who is crazy passionate about helping people transform their lives through transforming their bodies & health. As a former elite track sprinter Ben got the pleasure of working with some of the best coaches and at some of the countries best facilities and realised that this provision wasn't available in his home town. In 2011 Ben started Fast Way To Fitness and it has been the biggest results creating programmes in the country since.

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