



**Fitness Club**



*relax ...*  
*enjoy ...*  
*get fit ...*  
*de-stress ...*  
*be healthy ...*  
***join the club***

Corporate Membership...



*JJB Fitness Clubs offer something for everyone at whatever fitness level, not only in surroundings that need to be seen to be believed, but also at value that cannot be matched. All our clubs around the UK offer good size swimming pools, fully equipped air-conditioned gyms, free weight areas, fibre optic lit steam rooms, aerobic classes at no extra charge plus much, much more.*



**Superb Swimming Pool** - All JJB Fitness Clubs have 18m+ swimming pools ideal for relaxing, cooling down after a work out or simply swimming.

**Air Conditioned Fitness Suite** - What ever your workout our state-of-the-art equipment will assist you in achieving your fitness goals with confidence and in safety.

**Large Free Weight Area** - Extensive range of free weights including dumbbells, squat racks and press machines.

**Aerobic Studios** - We offer a full range of classes in all our clubs including yoga, pilates, spinning, step, disco-funk plus much much more. All classes are taught by qualified, friendly professional staff.

**Relaxing Hot Spa** - Soothe away all your aches and worries of the day in one of our hot spas, designed with relaxation in mind.

**Fabulous Aromatic Steam Room** - Escape from everything and relax in the tranquil surroundings provided by the menthol steam, and fibre optic lit ceiling. Seeing is believing.

**Large Spacious Changing Rooms** - In JJB Fitness Clubs there are spacious, airy changing rooms all with hair dryers, tanning facilities, TVs and large lockers. Every effort in design and maintenance is ensured to make sure our members visits are as comfortable as possible.

**Members Lounge** - All JJB Fitness Clubs have a members lounge offering light snacks, tea, coffee and a place to relax and unwind.

**Membership at one of our JJB Fitness Clubs gives you access to all ... nationwide**

All JJB Fitness Clubs benefit from an on-site  Sports Store. Check out the massive savings on leading brands. Visit: [www.jjb.co.uk](http://www.jjb.co.uk)

For further corporate ideas check out



Visit: [www.jjbsoccerdome.co.uk](http://www.jjbsoccerdome.co.uk)





## What can a corporate membership scheme do for **your** business? ...

### HEALTH DEVELOPMENT IN THE WORK PLACE

#### Improving people's health

##### Work place health

Health and wellbeing is about the effects of work on health, and how physical and mental health affects a person's ability to carry out their duties at work. The aim of improving working life is to create an environment that promotes positive health and wellbeing.

##### Business Benefits

Many businesses now recognise that it is important to look after their staff if they wish to increase their efficiency. Benefits of a workplace health programme may include;

- Improved productivity.
- Reduced sickness absence.
- Reduced staff turnover and the retention of valued staff, which means reduced recruitment and training costs.
- Improved staff attitudes and higher morale.
- A decrease in accidents.

### WORK-RELATED STRESS

#### What is stress?

HSE defines stress as "the adverse reaction people have to excessive pressure or other types of demand placed on them". Pressure is part and parcel of all work and helps to keep us motivated. But excessive pressure can lead to stress, which undermines performance, is costly to employers and can make people ill.

#### How to tackle stress?

HSE commissioned research has indicated that;

- About half a million people in the UK experience work-related stress at a level they believe is making them ill.
- Up to 5 million people in the UK feel "very" or "extremely" stressed by their work; and
- Work related stress costs society about £3.7 billion every year.

### MANAGING SICKNESS ABSENCE & RETURN TO WORK

Everyone at work will probably need to take sick leave at some time during their working lives and in most cases this lasts only a few days. But, if it turns into long term sickness absence, it can have devastating effects on the productivity of business.

The statistics are clear, long term sickness absence;

- Costs UK business over £3.8 billion a year;
- Represents only 5% of absence cases, but accounts for 33% of working days lost due to sickness (CBI statistics 2004).

## Approach ...

JJB Fitness Clubs focus on improving the health and well-being of the individual by providing fitness programs and support. JJB also offer group exercise sessions for organisations to enhance team building for a premiership work force.





## **Don't just take our word for it ...**

*“Our local JJB Fitness Club that we use is Trafford and has been an invaluable partner in staff motivation over the last three years. Our Corporate Membership has offered more than just a Gym and we look forward to many more years to come.”*

Stuart McLaughlin: **P&G**

*“We're very impressed with your facilities - well done in providing such a good quality resource for us.”*

Dr KR Thomas: Pontcae Medical Centre, Merthyr Tydfil

*“JJB Fitness Staff have always been helpful and supportive to Nestle employees in the Corporate Scheme. The membership has helped tremendously with employee absenteeism.”*

Simon Shaw: **Nestlé**

*“JJB have been very approachable and willing to accommodate all Trust employees who work in various ways and I would like to applaud their customer service and adaptability.”*

Dawn Allenby: **NHS**

**call: 01942 210 114 visit: [www.jjbfitness.co.uk](http://www.jjbfitness.co.uk)**

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