

● HOW CAN A PUREGYM CORPORATE MEMBERSHIP BENEFIT YOUR COMPANY?

1 in 3 office workers fail to reach the NHS recommended exercise quota of 2.5h per week, according to a survey commissioned by PureGym, with just over two-thirds (71%) citing work pressures as a key contributing factor to this deficit.

However, a study by Leeds Metropolitan University found that employees who visit the gym are more productive, more effective with time management, and feel more satisfied at the end of the day. Plus, there is growing evidence that exercise can help prevent and treat certain medical conditions, including heart disease and type 2 diabetes, and reduce the risk of cancer.

Given these benefits, it's perhaps surprising to learn that only 44% of UK employers offer organised and/or subsidised fitness services to staff, with only 19% of office workers currently taking advantage of these schemes.

The partnership between your company and PureGym will make it easier for your employees to exercise and boost their wellbeing and productivity. We can provide a fully invoiced account, wellness days, complimentary day passes for new employees, and access to blog materials and usage reports to support your health and wellbeing strategy.

- Sign up 25-50 employees receive 5% annual discount plus zero joining fee.
- Sign up 50+ employees receive 10% annual discount plus zero joining fee.

● WHAT ARE THE NEXT STEPS FOR YOUR COMPANY?

Email: corporateservice@puregym.com

Telephone: 0344 477 0005 (option 3 between 8am – 5pm)



Caring for your employees fitness and well-being



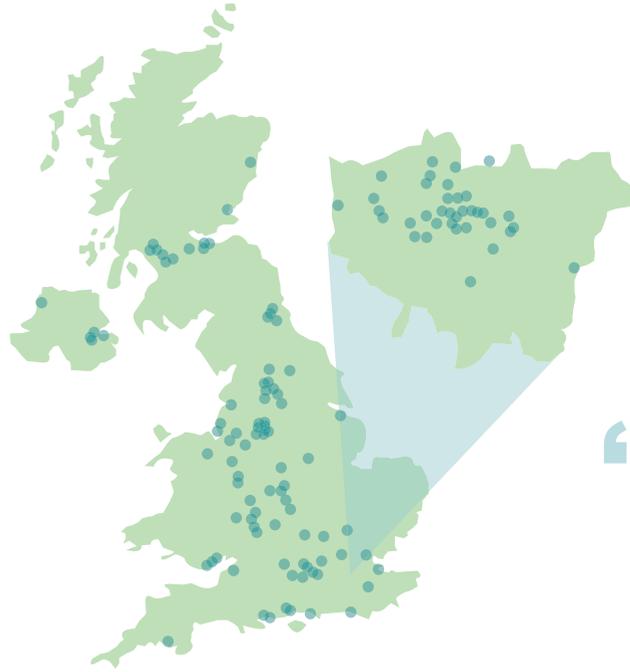
Everybody welcome

● WHAT IS PUREGYM?

PureGym is the largest and fastest growing private gym operator in the UK.

The group operates 180+ sites across the UK, including 40 gyms within the M25. It has more than 930,000 members and more than 800,000 visits every week.

Most gyms are open 24 hours a day, seven days a week and the average monthly membership is less than £20.



● WHAT DOES PUREGYM DO FOR ITS MEMBERS?

PureGym works tirelessly to provide excellent service for its members and to improve their wellbeing.

Its success is demonstrated by its position as market leader and is reflected by these testimonials.



Exercising is absolutely key to a healthy body and mind. I am type 2 diabetic and successfully manage this through diet and exercise alone for 6 years now - no medication. Exercise is so important to me being able to best manage this condition.

Female 50+ yrs, Ipswich Buttermarket member



Joining PG has made a huge impact on my lifestyle, there is so much happening and great flexibility as I can tap into short lunch time classes too, leaving me with no excuse not to exercise.

Female 50+yrs, New Barnet member



Releases endorphins that makes me more productive and happier.

Male 25-29 yrs, South West



I'm a great believer that exercise is beneficial for improving mental health. Help in the recovery from injury, various illness and conditions. PureGym has an important role to play in this, it's great value for money, the staff are friendly and approachable.

Female 40-50 yrs, Bedford Heights member



Exercise helps me let off some steam and PureGym is right on my doorstep and great value with my corporate discount.

Female 25-29 yrs, Tunbridge Wells member