ACTIVE EMPLOYEES = BETTER BUSINESS

Why getting employees off their bottoms can improve your bottom line

ACTIVE WORKPLACES
Energising business in the Liverpool City Region

JOIN THE MOVEMENT

If you’re ready to start feeling the business benefits of having an active workforce, MSP can get you off the starting blocks. We know that businesses are busy places, so we can get you up and running with minimal effort on your part.

Join the network of over 150 workplaces in the Liverpool City Region who have signed up to MSP’s Active Workplaces Programme and be seen as an employer of choice.

ON AVERAGE 27% FEWER SICK DAYS ARE TAKEN BY ACTIVE STAFF

REDUCED LEVELS OF STRESS WHICH ACCOUNTS FOR 53% OF LONG-TERM ABSENCES

UP TO £34 RETURN ON INVESTMENT FOR EVERY £1 INVESTED

Find out more overleaf
WHAT MSP CAN DO FOR YOU

We have a variety of products and services that can improve your business performance. We’ll work with you to put together a package that fits your business needs and your budget. Our products and services include:

**STAFF CONSULTATION AND REPORT**
Survey your staff and discover what opportunities they would like to see at work

**PHYSICAL ACTIVITY CHAMPION TRAINING**
Upskill your workforce to offer peer support and organise workplace activities

**WORKPLACE CHALLENGE**
Set up an organisational challenge, with leaderboards to encourage competition

**TEambuilding EVENTS**
Offer an exciting and inclusive event for staff to boost morale and teamworking skills

**PHYSICAL ACTIVITY AND SPORT SESSIONS**
Set up on-site activity sessions, sports teams, walking groups or running groups

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**AN EXAMPLE PACKAGE**

- ✓ Staff consultation with recommendations report
- ✓ x2 places on the Physical Activity Champions training
- ✓ Workplace Challenge campaign
- ✓ Staff Workshop about physical activity
- ✓ x6 physical activity or sport workplace sessions

**TOTAL = £599**

We can also link with external providers to offer you a package of holistic staff health and wellbeing support - including services for mental health, healthy eating, alcohol awareness and stop smoking services.

Got a bigger budget? Ask for details of our 12-month Premium Service, with a dedicated Relationship Manager and further products to energise your workforce.

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See the active difference to your business

Visit our website for further information about all of our products & services and case studies of organisations that have previously benefited.

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