

Corporate Membership Employment Support Flyer



Did you know?

The average UK absence rate in 2011 was 4.2 days, this has fallen, as in 1993 we were averaging 7.2 sick days per annum. However, this still equates to a loss of almost 2% of working time.

So how can you help to improve this?

By encouraging staff to be active you are assisting them in improving their physical and mental well-being. Regular exercise helps to prevent diseases, improves stamina, strengthens and tones, enhances flexibility, reduces stress, controls weight and improves quality of life.

What can Live Active do to help?

As an employer, we understand the importance of supporting staff in helping them to lead a healthy, more active lifestyle. Therefore, we have created a Corporate Membership package which is available to all local companies. By signing up to our corporate membership scheme you are reducing the cost of our membership, making it even easier for your staff to lead an active life.

How much does it cost to list my business in the Corporate Membership Scheme?

Nothing, It's FREE!

What does the membership include?

From as little as £28.35 per month our Corporate Membership provides unlimited access to all LAL Venues. Activities include, Gym, Swimming and Fitness Classes along with Health Suite and Power Plate Bolt-ons available.

How Much Does it Cost?

Package	Direct Debit	Annual
Membership - Includes Swimming, Gym & Fitness Classes	£28.35	£311.85
Membership + Health Suite Bolt-On	£33.35	£366.85
Membership + Power Plate Bolt-On	£35.85	£394.35
Membership + Health Suite & Power Plate Bolt-On	£40.85	£449.35

Further Benefits

Live Active Rewards, giving annual and DD members access to offers in over 95 businesses across Perth and Kinross

100 Club, a monthly prize draw giving members the chance to win £100 of vouchers for a Rewards partner of their choice, If the winner has been a member for more than 12 months consecutively, the prize is doubled to £200 of vouchers.

Registration

Complete and return a registration form or complete the online form to start benefiting from our Corporate scheme. In the mean time if you have any questions please do not hesitate to contact us on 01738 454627.

Terms and Conditions

- A corporate contact must be named for each registered company.
 - Quarterly reports will be sent to the corporate contact for confirmation that members are still in employment with the registered company.
 - If reports are not returned LAL reserve the right to remove companies from the scheme.
 - LAL reserve the right to refuse any company entry to the scheme.
 - Any employee who is no longer employed by one of our registered companies will automatically be transferred to our Standard Fitness Membership, given 10 days prior notice.
 - Corporate memberships are on-going until cancelled by the completion of a standard cancellation form. All cancellations must be submitted by the 15th of the month for cancellation to take effect from the end of that month.
 - All Corporate Memberships must adhere to LAL Membership terms and conditions
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Work-Life Balance

Work-life balance is about people having a measure of control over when, where and how they work. It is achieved when an individual's right to a fulfilled life inside and outside paid work is accepted and respected as the norm, to the mutual benefit of the individual, business and society. This includes offering benefits such as more flexible work patterns, extended leave, increased levels of support and encouraging wellness to improve health.

Visit www.healthscotland.com for more details.

Healthy Working Lives Accreditation

The Healthy Working Lives policy helps to promote physical activity and safety for employees in the workplace. The policy operates an award programme of Bronze, Silver and Gold. Points are awarded to employers based on them meeting a core criteria of health and safety requirements.

Visit www.healthyworkinglives.com for more details.

Investors in People Accreditation

The Investors in People (IIP) scheme works with employers to improve employees working environment, improve job satisfaction, improve health and safety and encourage recognition and development in employees as well as other benefits that improve working conditions and therefore reduce conditions such as stress.

Visit www.investorsinpeople.co.uk for more details.

Occupational Stress Procedure

An Occupational Stress Procedure will give employees guidance and direction when they are experiencing work-related or personal stress. Solutions such as offering counselling and support can be offered to support employees at this time.

Visit www.healthatwork.org.uk for more details.