



COMPANY REGISTRATION NO.5143189.

Dear Sir / Madam

Cut your employees lost working days!

I'm writing to inform you of a service that will improve the health of your workforce and reduce absences.

RPM is a local business to the Wrexham area that caters for many corporate business's health and fitness needs. At present the facility has an extensive range of cardiovascular equipment, resistance machinery, free weights and rehabilitation equipment. At all times we have fully qualified gym instructors on hand to help all our members with their own individual fitness program. Furthermore, RPM specialize in the following services:

- Personal Training
- Full health and fitness assessments
- Nutrition Advice
- Fitness Classes

Your company can enjoy these amazing benefits at a very cost effective rate. Give us a try. We are offering a complimentary one-hour trial for your company so your staff can experience these benefits!

Finally, the RPM team have built a reputation of being the friendliest and most helpful staff within the area. So if there are any issues on the matter then please don't hesitate to contact myself on the details found below and I'd be only happy to discuss them.

Yours sincerely,

Gavin Rogers (Bsc Dip PT SMT)

Company Director

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Can exercise make a difference?

Think of the most buoyant member of your team. The creative one who turns up every day and never loses focus. With an infectious zest for life, they're an endless source of fresh ideas.

If their energy could be bottled, wouldn't you hand it out to your workforce?

Whoever this person is, he or she probably takes regular exercise. The problem is, that makes them part of a dying breed in Wales. Low energy is becoming a national epidemic. And some argue it's damaging the Welsh economy, with **3% of staff off sick at any given moment**.



The problem is, lack of exercise can drive mind, body and soul into a slow decline. But you could fix the problem in your business by encouraging your staff to be more active.

Research shows that workers raise their productivity by up to 15% when they start to take regular exercise. And when they do, they'll take 27% fewer sick days.

With a physical activity programme in your workplace you also stand to raise your company profile. The Welsh Assembly Government now recognises proactive businesses through the Corporate Health Standard - so by taking action you'll be trading as a responsible and forward-thinking employer.

Whether you're looking at your staff performance or the image of your company, a structured exercise programme could be the answer you're looking for.

If your business could use that extra boost, the Sports Council can help you make the difference

Putting the snap, crackle and pop into Kellogg's

Kellogg's has always kept its employees aware of nutrition, well-being and physical activity. But after a free health screening at its Wrexham branch, managers realised they had to take their commitment to a new level. The screening showed an overall decline in the health of their employees - with some workers even falling into the 'at risk' category.

Kellogg's contacted the Sports Council about the problem, and we helped them put their new *Fit for Life* initiative into action.

We advised them to identify workplace 'champions' to lead low level physical activity sessions. And employees were soon encouraged to follow in their footsteps - progressing from a mile walking route around the factory to a sponsored hike up Mount Snowdon!

Staff have now begun playing five-a side football and clocking up healthy miles with a six-team inter-shift pedometer challenge. And with free use of Wrexham County Council's leisure facilities, many have begun their own independent fitness regime.

The Sports Council's Community Chest scheme has also part-funded a course in mountain walking, aiming to establish a family walking group run by employees who achieved mountaineering qualifications.

With the help of the Sports Council, Kellogg's employees and their families are reaping the rewards of a healthier lifestyle.

Their success has even caught the eye of bosses across the border, with the company's Manchester factories adopting the same activity programme. As ever, Wales is leading the way...

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