



ACE Corporate Fitness

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To promote the health of the individual to ignite the team's potential

What is ACE?

- Fully customisable wellness programs to suit your business needs
- Proven strategies to boost employee engagement and morale
- A holistic approach combining fitness, mental well-being, and team-building

Companies with wellness programs saw a **25% increase in productivity**, as these programs help reduce presenteeism.

Aldana, S. 2024

WHY WE DO IT

We believe that a healthy workforce is the foundation of a successful business. Employee well-being not only reduces absenteeism but also enhances job satisfaction and team collaboration.

By investing in corporate wellness, businesses can create a positive culture that attracts and retains top talent while driving performance and growth.

RETURN ON INVESTMENT

ONS shows how poor employee health impacts business costs:

- **Sick Days:** 2.6% of payroll costs
- **Presenteeism:** 12.3% of payroll costs lost to reduced productivity
- **Turnover:** Recruitment costs 16% of payroll

Example for a 25-Person Company (Monthly Payroll £90k):

- Sick Days: £28,000
- Productivity Loss: £132,000
- Recruitment (4 people, 30% salary): £42,000
- Total Cost of Poor Health: **£202,000 annually**

Our corporate fitness plans typically need only a **5%** improvement in these areas to show a positive ROI.



Patrick McManus
Operational Director



Connor Archer
Fitness Director



Helen Charnock
Commercial Director

"Don't take away our health and fitness initiatives"
CLIENT STAFF SURVEY

What We Do

- Host fun activities to energise and engage your team
- Create space to reflect on wellbeing in the workplace, with seminars and social connection
- Facilitate group interaction outside of hierarchical norms through fun and inclusive initiatives

COMPANY FIT HUBS TIE IT ALL TOGETHER FOR A HEALTHIER, HAPPIER WORKPLACE



1

Boost Team Morale

Fitness activities, expert led workshops, and team-building exercises designed to boost morale and well-being.

2

Improve Employee Wellness

Tailored proactive movement plans and one-on-one coaching to help individuals achieve their health and wellness goals efficiently.

3

Enhance Camaraderie

Fun-focused group challenges and healthy competition to strengthen relationships and improve company camaraderie.

ACE PROACTIVE MOVEMENT

Life happens to all of us, whether it's preparing for surgery, recovering from surgery, living with chronic illness, or just day to day health issues.

We understand that everyone has different priorities, and we pride ourselves for our inclusive and adaptive programmes that facilitate positive rehab and allows everyone to work at their own level to achieve their own potential.

No shame. no blame, a safe space for all.

EXPLORE HOW OUR SERVICES CAN TRANSFORM YOUR WORKPLACE ON THE FOLLOWING PAGES



COMPANY FIT HUBS

COMPANY WIDE WELLNESS PACKAGES



WHAT ARE THEY?

A bespoke wellness focused package of initiatives, suitable for both in person and remote workers, designed to bring your employees together through regular activities that promote mental health and community. A Company Fit Hub helps improve employee well-being, boosts morale, and enhances overall productivity within the workplace.

WELLBEING

Movement, Nutrition and hydration are the fundamental bedrocks of health, and all of our initiatives take into account the needs of your team, be they sedentary desk workers or active in construction

COMMUNITY

Encourages collaboration and team bonding, improving relationships among employees, fostering a can do attitude to take back to their work roles

PRODUCTIVITY

Boosts focus and energy levels, leading to better performance and reduced absenteeism.

Optional services

- 1 to 1 coaching, online and in person
- Group coaching, online and in person
- Awareness training, online and in person
- Company health programmes
- Wellness days
- Event management
- Challenge management



Led by a fully qualified
level 3 or above trainer



WELLNESS DAYS

Wellness Days are dedicated events designed to prioritise health, happiness, and team connection away from the workplace. They give employees the chance to step away from their daily routine, focus on their well-being, and return to work feeling refreshed and motivated.

Benefits of Wellness Days

- **Improved Health:** Encourages physical activity and mental relaxation, helping reduce stress and improve overall well-being.
- **Boosted Morale:** Shows employees they are valued, increasing satisfaction and engagement.
- **Enhanced Productivity:** Refreshed teams are more focused, creative, and productive.

How it works

- **Duration:** Choose a full-day or half-day format to suit your schedule.
- **Location:** Hosted on-site, off-site, or in a hybrid setup depending on your preferences.
- **Customisable Schedule:** We work with you to create a mix of individual and group activities tailored to your team's needs.



Example Activities

Every Wellness Day is unique, but some popular activities include:

- **Fitness Classes:** Yoga, Pilates, HIIT, or Spin to suit all fitness levels.
- **Mindfulness Sessions:** Meditation and breathing exercises to reduce stress and promote clarity.
- **Workshops:** Expert-led sessions on nutrition, stress management, or effective goal setting.
- **Outdoor Activities:** Guided walks, team-building games, or adventure challenges.



"ACE's event was great, we were able to network, connect and socialise. It's been a really joyful atmosphere to be in"

WELLNESS DAY CLIENT

CHALLENGES



BENEFITS FOR YOUR COMPANY

Boost Team Morale

Employees feel valued and supported, leading to increased engagement and job satisfaction.

Improve Health and Productivity

Healthier employees are more energised, focused, and productive.

Strengthen Team Connections

Challenges encourage collaboration and teamwork, fostering a stronger workplace culture.

Walk and talks

A relaxing way for teams to connect while staying active. Guided walks in scenic locations combine movement with meaningful conversations and spark fresh ideas.

Adventurous Challenges

Looking for a big morale booster? We organise bold team-building activities like mountain climbs or endurance hikes, giving employees the chance to push boundaries and achieve something extraordinary together.

Online Team Challenges

Perfect for remote or hybrid teams, these 6-week programs focus on fitness, mindfulness, or health goals, fostering camaraderie and accountability no matter where your employees are based.

WHY CHALLENGES MATTER FOR YOUR TEAM?

Our challenges are designed to energise, inspire, and unite your workforce.

From casual wellness walks and online team programs to ambitious outdoor adventures, these activities improve employee well-being while strengthening connections within your team.

By investing in challenges for your staff, you're creating a healthier, happier, and more productive workplace.

"5 star overall rating, 100% recommend, 5 star event organisation, 5 star value for money, 5 star atmosphere"
WALK AND TALK PARTICIPANT

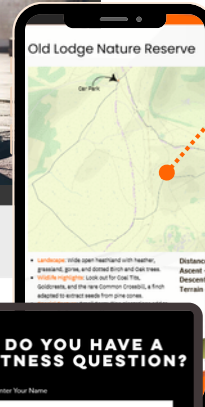
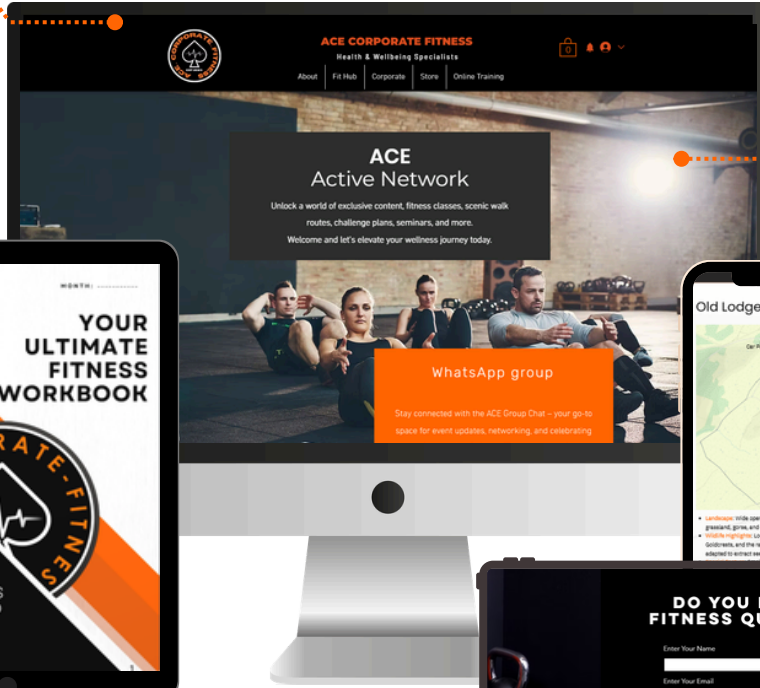
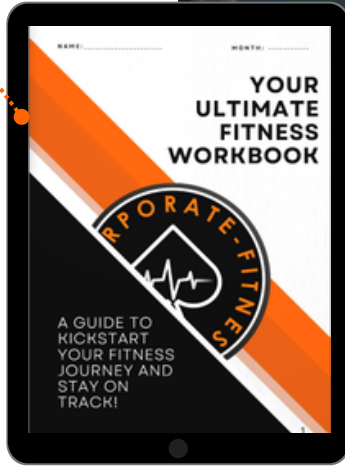
YOUR DIGITAL HUB FOR FITNESS AND WELLNESS

Follow Along
Workouts

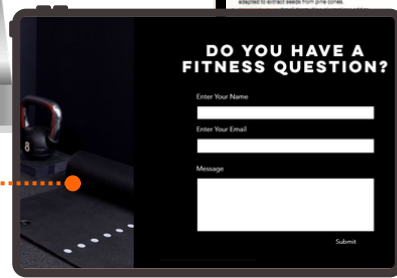
Downloadable
Fitness
Workbook

Podcast style
Seminars

Walk
Inspiration



Ask our PTs
your questions



Scan the QR code
to learn more!



ACE Active Network Portal

Empower your team with tools to stay active anytime, anywhere.

- **Follow-Along Workouts:** Stream guided workouts and gym tips for all fitness levels. Perfect for busy schedules.
- **Downloadable Fitness Workbook:** Access a comprehensive workbook to track progress, set goals, and stay motivated.
- **Podcast-Style Seminars:** Listen to discussions from wellness experts on topics like stress management, productivity, and fitness tips.
- **Walk Inspiration:** Discover mapped walking routes to encourage movement, relaxation, and mindfulness.
- **Ask Our PTs:** Get advice from our trainers to ensure your health and fitness goals are on track.

The ACE Active Network Portal is your all-in-one digital platform for fitness, wellness, and community support. Designed for businesses and individuals, it offers resources to inspire healthier habits and create a more connected workplace.



**READY TO INVEST IN YOUR TEAM'S SUCCESS?
DISCOVER HOW ACE CORPORATE FITNESS
CAN TRANSFORM YOUR WORKPLACE TODAY?**



Contact Us

We're here to help you unlock your team's potential and support their health and wellbeing journey. Whether you have a question about our services, need assistance with the portal, or want to discuss a custom package, we'd love to hear from you.

Contact Information

- Phone: 0330 3211018
- Website: www.acecorporatefitness.co.uk
- Email: info@acecorporatefitness.co.uk



Let's Connect Online

Follow us on social media for updates, fitness tips, and event announcements

- Instagram: ACECORPORATEFITNESS
- Facebook: ACE Corporate Fitness
- LinkedIn: Ace Corporate Fitness
- Tiktok: acecorporatefitness

Many thanks

*ACE Corporate Fitness
Team*

