

feeling great - it's all part of the job.  
01245 32 72 42



October 2006



## Do you want to increase productivity at work?

### Fit For Business can help!

In just one day find out how easy it can be to make a real impact on productivity in your workplace.

Studies have shown that individual work performance can be improved by between 4% and 15% when people are engaged in regular physical activity (*Health Canada, 2004*)

Fit For Business is holding a training day for **YOU** on Friday 17th November.

The venue has been selected so we can show you how to uncover the hidden facilities in your workplace, introduce Fit For Business ideas on your return to work and have a direct impact on your productivity rate.



**Closing Date:** Monday 30th October, book now to avoid disappointment.

**Date:** Friday 17th November

**Venue:** Waterhouse Lane Business Centre, Chelmsford

**Cost:** £150 Members; £180 Non- members

**The average cost of workplace absenteeism per employee per year is £588 - can your organisation afford not to take part?**

For more information on Fit For Business call: 01245 327242

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### Website of the week

For anyone based or visiting London check out this fantastic website that will help you get active. It plans walking or cycling routes within London, tells you how long it will take you to get there, how many calories you will burn on the way and it even shows how you are protecting the environment by the amount of co2 avoided.

[www.walkit.com](http://www.walkit.com)

