

WHAT YOUR EMPLOYEES WANT IN WELLNESS

GlobalFit surveyed over 3,000 employees from client organizations like yours. Here's what they told us...

GOALS & CHALLENGES



Top Wellness Goals

Weight loss and overall health improvement ranked at the top for your employees' wellness goals.

44% WEIGHT LOSS
35% OVERALL HEALTH

Need for Information

Over 60% of employees want to know more about:



WEIGHT LOSS



HEALTHY EATING



STRESS MANAGEMENT



SLEEP IMPROVEMENT



Challenges

What do your employees see as barriers for accomplishing their wellness goals?

38% NOT ENOUGH TIME
23% NOT BEING HELD ACCOUNTABLE
21% TOO EXPENSIVE

NUTRITION

The rates of participation in nutrition programs are up to **10% for companies with 500+ employees** and **up to 30% for 500 and under.**

FITNESS IS EVOLVING



In addition to their favorite facilities, employees also want discounted options on:

50% WEARABLE FITNESS TRACKERS
36% YOGA MATS
31% FITNESS CLASSES
31% VIRTUAL HEALTH COACHING

COMMUNICATIONS & REWARDS

Rewards and Reimbursement

Rewards and reimbursement are the strongest drivers of behavior change.



33% of companies are currently reimbursing employees for gym memberships and healthy living expenses



94% of employees would invest more in their health and fitness if their company reimbursed them

Employer Communications

You have the power to build a healthier population.

66% OF EMPLOYEES LEARNED ABOUT GLOBALFIT FROM THEIR EMPLOYER

