



Irish Life
health



Irish Life Health Workplace Fitness Challenge Barometer 2017

irishlifehealth.ie/moveyourmet

Workplace **FITNESS** Challenge

About the Irish Life Health Workplace Fitness Challenge

As a nation we are becoming increasingly inactive, with two-thirds of the adult population failing to meet the recommended 30 minutes of daily moderate to vigorous physical activity.* For the general population, lack of time is a major barrier to maintaining physical activity.

Developed by Irish Life Health, in conjunction with Prof. Niall Moyna and Dr. Sarah Kelly from DCU Centre for Preventative Medicine, the challenge is a six-week programme where everyone, regardless of current fitness level, can improve their level of cardiovascular fitness through simple, attainable changes to their lifestyle.



AWARD CATEGORIES

Ireland's Fittest Workplace

Most Improved Large Company

Most Improved Mid-Sized Company

Most Improved Small Company



Punch Consulting
Engineers



Lyons Financial
Services



Towercom

*<http://health.gov.ie/wp-content/uploads/2016/01/Get-Ireland-Active-the-National-Physical-Activity-Plan.pdf>

What is a MET?

A MET is a simple yet effective means of expressing your cardiovascular fitness level.

The higher your MET score, the fitter you are. One MET is defined as your resting metabolic rate, that is the amount of oxygen that your body uses at rest, while sitting quietly in a chair. As such, if your MET score is 8, this means that you are able to exercise at 8 times your resting level.

Your ideal MET score will depend on your gender and age. For individuals over the age of 18, it is recommended that you have a MET score of at least 10.

Why is your MET score important and why move it?

Your cardiovascular fitness level is an excellent predictor of how healthy you are. A 1 MET increase in your cardiovascular fitness level can reduce your risk of a cardiovascular event by 15% and your risk of premature death by 13%. Therefore your MET score, in addition to being a measure of your physical fitness, is also a great indicator of your overall health.

(Source: Kodama et al, 2009, JAMA)

How can companies help to motivate their employees?

Companies are starting to realise that healthier, fitter employees tend to be happier, more productive and less likely to experience depression or anxiety. They need to find ways to facilitate and nurture an active environment within the workplace. Research undertaken by Irish Life Health found that only 33% of Irish workers had access to showers, 30% to changing rooms and 27% to bike racks in work.

Providing appropriate facilities and flexible working hours within a workplace could greatly improve the health and well-being of employees.

(Source: Irish Life Health, 2017)

How difficult is it to improve your MET score?

Those who are starting a new exercise regime with the lowest fitness levels will experience the greatest improvements in their MET score. If you can improve your fitness by just 1 MET you will greatly reduce your risk of many lifestyle-related diseases and premature death.

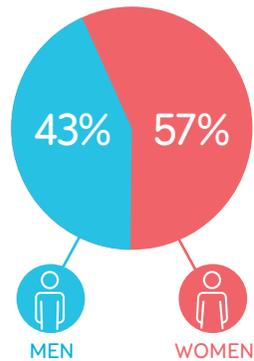
Your MET score or your cardiovascular fitness is one of the best predictors of your overall health.

Analysis of the 2017 Workplace Fitness Challenge Results

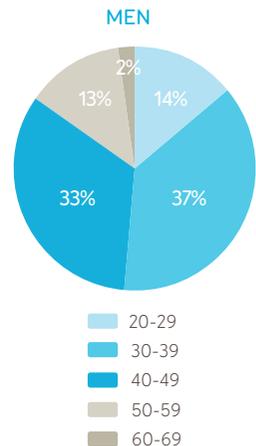
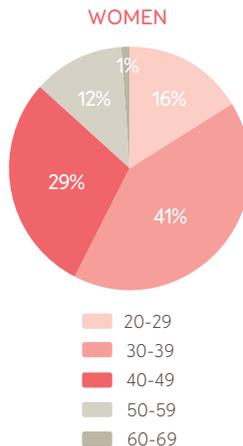
Participation Rate



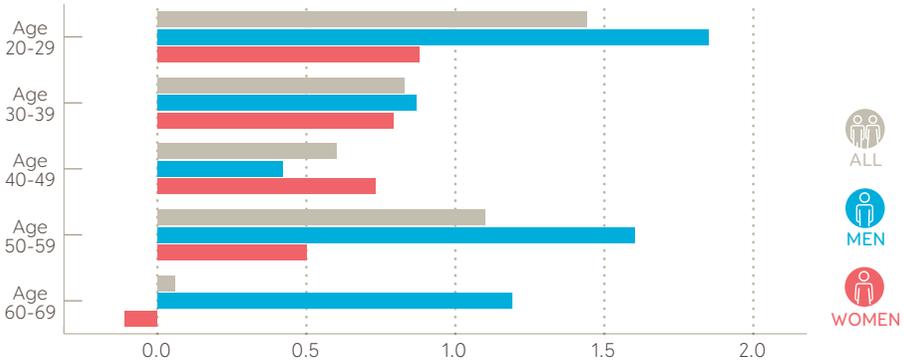
Gender Participation



Age Group

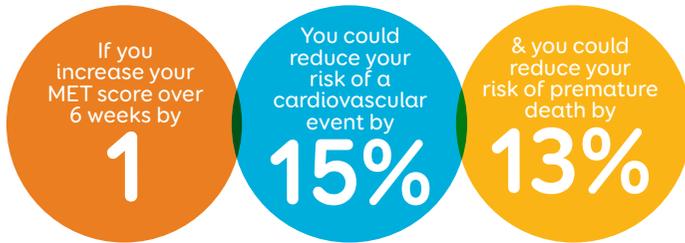


Average MET score improvement by age:



Overall average MET score improvement of 1.05

The overall average MET score improved by 1.05 between the initial MET test and the final MET test.



(Kodama et al, 2009)

The Winners

Congratulations to all of the companies who took part in the 2017 Workplace Fitness Challenge and well done to all of our winners!

AWARD CATEGORIES	WINNING COMPANY
Ireland's Fittest Workplace	Towercom, Dublin
Most Improved Small Company	Lyons Financial Services, Dunboyne
Most Improved Mid-Sized Company	Punch Consulting Engineers, Limerick
Most Improved Large Company	PayPal, Dublin

How to increase physical activity during the working day?

- Rather than using the phone or email, get up and walk to your colleague's desk/office.
- Keep your printer and bin on the opposite side of the office, or in another room.
- Use a small water bottle to ensure you make several trips throughout the day to refill.
- Have a stand up meeting, or better still, if the meeting is among a small number, go for a walk.
- Create a culture where it's acceptable to stand up at the back of a meeting.
- Display posters in the office encouraging employees to stand up for even just two minutes to walk around office.
- Invest in an activity monitor. Many of us are unaware of how little we move throughout the day. It can provide you with the motivation you need to get off the bus a stop or two before your own.
- Take the stairs when possible.
- For longer conversations that take place on your mobile phone, and if permitted in your job, walk outside to talk.
- Use a bathroom on another floor or in another building.
- Stop obsessing with parking beside the door. Choose a space on the other side of the car park.
- Take public transport. Better still, cycle, run or walk to work.
- Leave your mobile phone across the room, so you have to get up to answer it or check any notifications.
- Bring in one grocery bag at a time from the car.
- Start small. Commit to making minor changes in your everyday life.
- Make getting active your priority.



Niall Moyna

Prof. Nial Moyna
DCU



Sarah Kelly

Dr. Sarah Kelly
DCU

Top 20 Fittest Companies 2017

PLACE	COMPANY	MET SCORE
1	Towercom	14.69
2	Kemek	14.40
3	Robert A Merry & Co	14.25
4	SAP	14.10
5	Lyons Financial Services	13.93
6	Punch Consulting Engineers	13.84
7	Homan O'Brien	13.78
8	Planalife	13.48
9	Blacknight	13.15
10	Merrion Fleet Managment	13.04
11	PayPal	12.97
12	Carna Transport Ltd	12.96
12	Procad	12.96
13	Hudson Advisors Europe	12.86
14	Allied Irish Bank (AIB)	12.81
15	Klas Telecom	12.48
16	MAGEE	12.24
17	Galway and Roscommon Education and Training Board	12.04
18	Eli Lilly	11.92
19	IPB Insurance	11.78
20	Davy	11.54

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