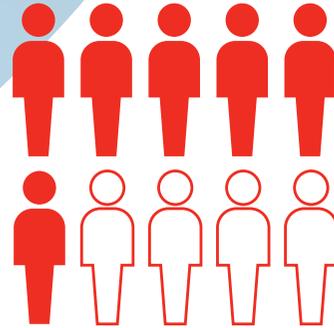
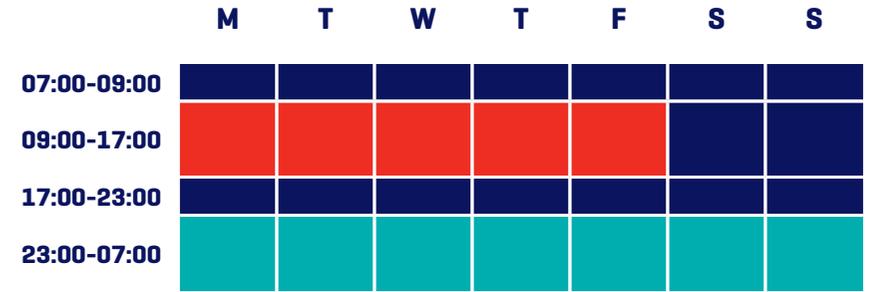


41% of Europeans report spending **5.5 hours or more sitting down on a daily basis** and only 4 in 10 Europeans exercise or play sport at least once a week, indicating a need to decrease both sedentary behaviour and physical inactivity.¹



63% of the population of Leicester and Leicestershire is of working age population²

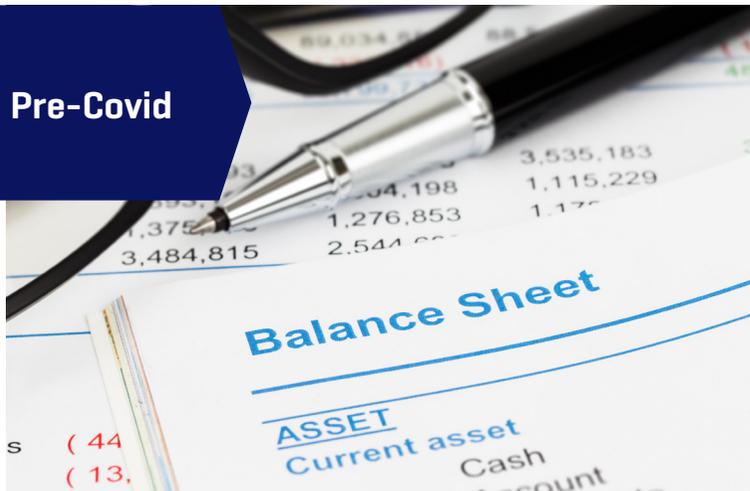


Red = working hours, Turquoise = sleep hours, Dark blue = other hours

25% of the week for most people is spent at work

33% of waking hours each week are spent at work [if people are sleeping for 7 hours per night]

Pre-Covid



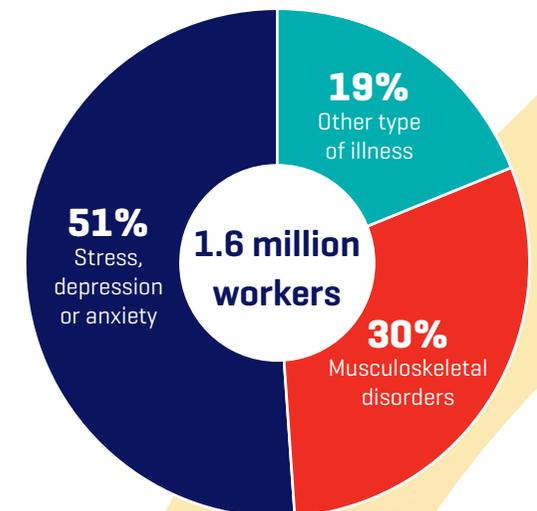
Sick days

28.2 million working days were lost due to work-related ill health in 2018/19³

£9.8 billion annual cost of new case of work related ill health 2017/2018, exc. long latency illness such as cancer.³

- **Presenteeism** – Increased presenteeism is associated with increases in reported common mental health conditions as well as stress-related absence, which are among the top causes of long-term sickness absence, according to the survey.⁴

Work-Related ill Health⁵



According to a recent study, if all employees met the recommended guidelines of doing 75 minutes of vigorous activity or 150 minutes of moderate activity per week (just over 20 minutes per day), it could deliver up to £6.6 billion in direct productivity gains to businesses each year.⁶



6. PJM Economics (2019). The Economics of Exercise: Measuring the Business Benefit of Being Physically Fit.



Workforce Culture

Recruitment

Motivation

Job satisfaction

Signposting to support

Staff surveys

Just over 20 minutes per day could equal
£6.6 billion
in direct productivity gains⁶

Improved sense of wellbeing

20%

reduction in **absenteeism** through physical activity programmes at work.⁷

27%

fewer sick days taken by physically active workers.⁷

Engaging in specialist services

Sickness rates

Retention

Re-energise team moral

Improved health

7. Leicestershire County Council (2019). Director of Public Health's Annual Report.

Sport and the Economic Return on Investment in relation to health:



For every £1 spent on community sport and physical activity in England

£3.91

worth of impacts are generated.⁸

150,000 cases of **heart disease** and stroke prevented

Saving

£1bn

900,000 cases of **diabetes** prevented

Saving

£3.6bn

8,500 cases of **cancer** prevented

Saving

£460m

93,000 cases of **dementia** prevented

Saving

£3.5bn

375,000 cases of **depression** prevented

Saving

£110m

30,000,000 fewer **GP visits**

Saving

£450m

33,000,000 reduced use of **psychotherapy** services

Saving

£670m

21,000 **hip fractures** prevented

Saving

£800m

1,500,000 **back pain** cases prevented

Saving

£410m

8. Sport England (2020). Why Investing in Physical Activity is Great for our Health – and Our Nation.

