

SQUASH IN AN ACTIVE WORKPLACE

Every day, British people can spend as much as 75 per cent of their working hours sitting down. Squash is an excellent way of introducing a quick, fun and social workout into a daily routine at lunch, before or after work.

We all know that prolonged inactivity can increase the chances of life threatening illnesses and conditions such as type-2 diabetes, cancer, cardiac risk and premature death. As employees spend a large proportion of their lives at work, workplace inactivity is therefore one of the most pressing public health issues.

Businesses with an inactive workforce lose out hugely, not only impacting on their own production but the public purse also. The [Workplace Challenge Manifesto](#) suggests that businesses who change their approach and encourage employees to be more active can unlock the following benefits:

- Reduce the average of 5.3 sick days currently taken per employee, by one day per year.
- Contribute to a saving of £2.8 billion per annum in sickness absence costs linked to lost working days.
- Reduce 'presenteeism' (being present but unproductive) to create a more engaged and productive workforce.

Further to this an active workforce will benefit through:

- Fun in the workplace increasing morale, team spirit and the development of professional relationships.

- Improving motivation, sleep quality, energy and stress levels.
- Meeting new people, improving communication skills and developing better working relationships.

With other businesses involved there is also the opportunity for business to business networking.

[Energetic and infectious](#), squash is played by over 200,000 people each week. In its simplest form the game sees players strike a rubber ball with a racket against any of the four walls of a court to try to hit the front wall. If their opponent cannot return the ball, the player wins a point.



The benefits of squash include:

- an excellent cardiovascular workout
- burning bags of calories (700-1100/hour)
- a full upper and lower body workout
- exercising with other likeminded people
- a way to relieve stress and tension
- improving self confidence through developing a sense of accomplishment

Squash is a social sport that can be used as part of your active workplace offer. With flexibility, fundamental to an exercise friendly culture, squash is the perfect fit as court bookings usually last 40 minutes, meaning you can get a game in and get back to work within the hour. The game can also be played close to work or home removing the 'I don't have time' barrier.

A significant proportion of staff rate activities with a 'competitive' or 'challenging' nature as powerful motivators to participation, again Squash provides this benefit.



**FIND A
COURT NEAR
TO YOU**

Another factor for engaging more staff in physical activity is the influence that other colleagues who already take part can have. With a minimum of two players required for squash, the take a friend ethos fits well, without needing a whole team to get started!

USE SQUASH IN THREE WAYS TODAY:



Squash 101

Set up a series of group sessions that get six players engaged per court.



Social Leagues

Set up a social league to encourage staff to play against each other.



Workplace Games

Use squash as part of your own workplace games events.

To deliver squash you will need to:

- Identify an employee who can act as an advocate for the sport in your workplace.

To help you deliver squash we will:

- Link our Squash 101 Leaders, who can deliver group sessions, to your business.
- Provide links to leisure centres and local clubs through our [court finder tool](#).
- Provide marketing and promotional materials to advertise sessions including our 'rules of the game' poster.
- Provide our league management spreadsheet to allow you to set up your own internal social leagues.
- Provide links to other local organisations who have their own workplace events across a multitude of sports and activities.

