

Corporate Wellness

How many times have you heard of “corporate wellness”? Would you know how to properly define it? It’s a concept that can be interpreted in many different ways, but they all have a common key factor: **to improve the health of employees and company performances, thus guaranteeing physical, psychological and social wellness at all levels or for all duties.** Many companies have decided to adopt wellness and health programs, even before the Covid-19 emergency put a greater emphasis on health and immune defences; the global market of company wellness stood at 54 billion dollars in 2018 and some recent surveys estimate that it will achieve 90 billion dollars by 2026.

Health Management, nutrition programs, stress management activities, fitness: these are only some of the paths undertaken by an increasing number of companies. There are programs of all kinds: experiential, interactive, individual or team-based, within the company premises or outside the workplace, theoretical or practical. **Then how to choose the most suitable?** Through a careful company analysis! You will be able to choose your program and, in particular, the goals you want to achieve, but only after having identified the main problems.

Overall, you should adopt a wellness culture which takes into account some crucial aspects:

Mental health

Burnout or “work-related stress”, that is today officially recognised as a disease by the World Health Organization, has negative effects on productivity. Help your employees to reduce and manage it more constructively, by introducing, for example, Yoga or Mindfulness activities.

Psycho-physical recovery

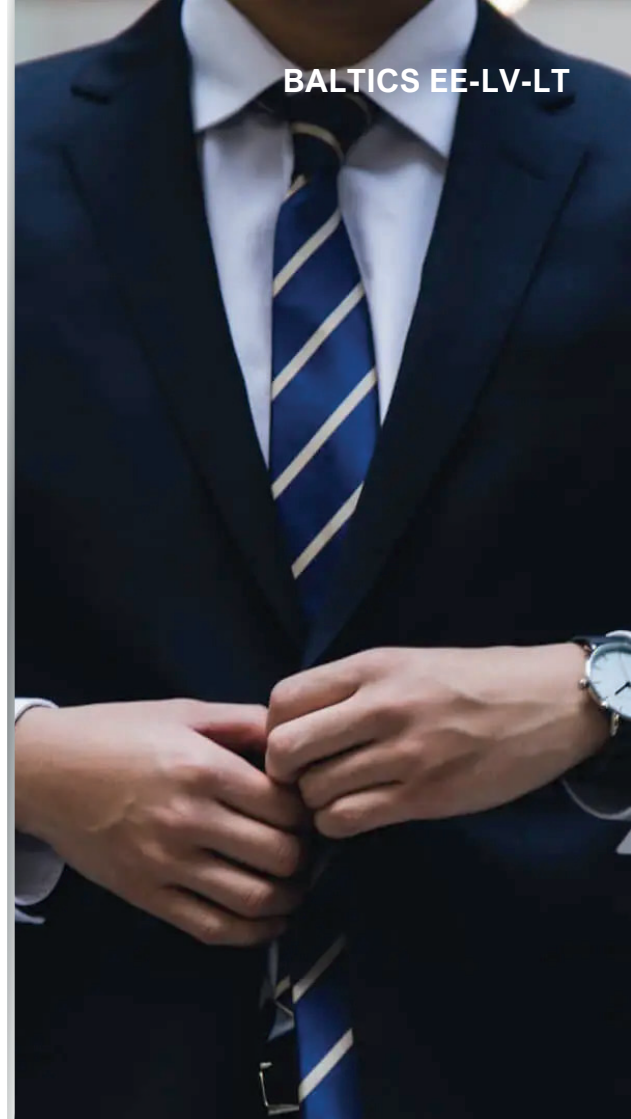
The so-called “restorative nap” is anything but a form of “idleness” during working hours. Many studies have now proven the regenerating properties of the **power nap**: sleeping for a few minutes contributes to resuming work with greater energy and focus, thus achieving results more effectively and without accumulating stress, which would be counterproductive both for the employee and for the whole company.

Remember that your company is made of people, all different from one another. They all have their preferences, needs, problems, duties, ability to manage stress, fears, and beliefs. Besides specific programs like fitness or yoga, implement solutions allowing all your employees to take some short regenerating breaks, with no contraindications nor age limit.

Recharge Room the tailor-made format for you: Basic, Pro and Elite.

<https://www.starpool.com/commercial-wellness/corporate>

Best regards,
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STARPOOL

Recharge Room Basic

Our Recharge Room Basic is intended for companies that have yet to develop solid Corporate Wellness policies. A solution that requires little space, but that encompasses all of Starpool's experience in offering moments of regeneration and wellness that blend perfectly in the work schedule or daily routine.

COMBINATION:

Wellness Coach - <https://www.starpool.com/products/wellness-coach>

Lounger - <https://www.starpool.com/products/relax>



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Recharge Room Pro

Our Recharge Room Pro is the ideal format to offer your company a complete solution for Corporate Wellness. It doesn't require much space or dedicated personnel for its management, adjusting perfectly to the requirements of both large and small companies.

With Recharge Room Pro you bring the regenerating power of the Dry Float Therapy – fast, suitable to everyone and with no contraindication – into your company, with beneficial effects on your associates' psycho-physical well-being and on the company atmosphere as a whole. This is why it has also been the choice of large international companies such as Nestlé group and Steelcase.

COMBINATION:

Zerobody Dry Float - <https://www.starpool.com/products/zerobody-dry-float>



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Recharge Room Elite

Our Recharge Room Elite encompasses in just a few square meters all the innovation and scientific research by Starpool.

Designed for companies that have solid policies for Corporate Wellness and professionals dedicated to Health & Safety Management programs, this format brings into your work agenda, the benefits of the Dry Float Therapy for psycho-physical recovery, combined with those of the Molecular Hydrogen Booster for longevity.

COMBINATION:

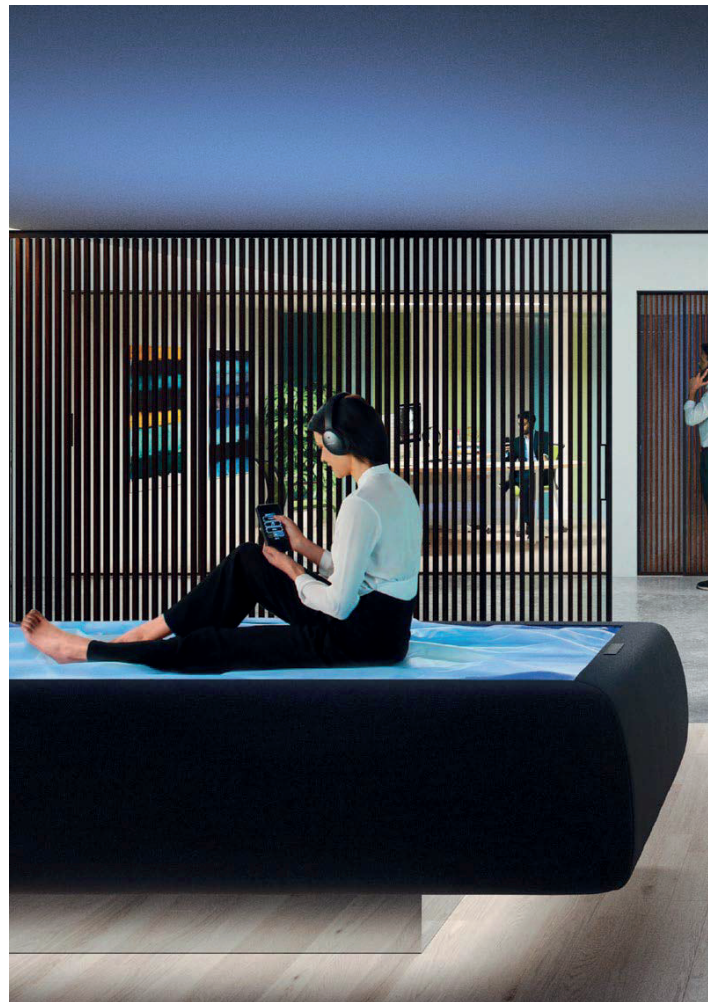
Zerobody Dry Float - <https://www.starpool.com/products/zerobody-dry-float>

Molecular Hydrogen Booster - <https://www.starpool.com/products/molecular-hydrogen-booster>



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*Corporate Wellness
brochure*



Brochure 'Corporate Wellness' - click the image to open.