

RETURN TO IN-PERSON WORKOUTS:

EMPLOYEES WANT IT, EMPLOYERS SHOULD OFFER IT

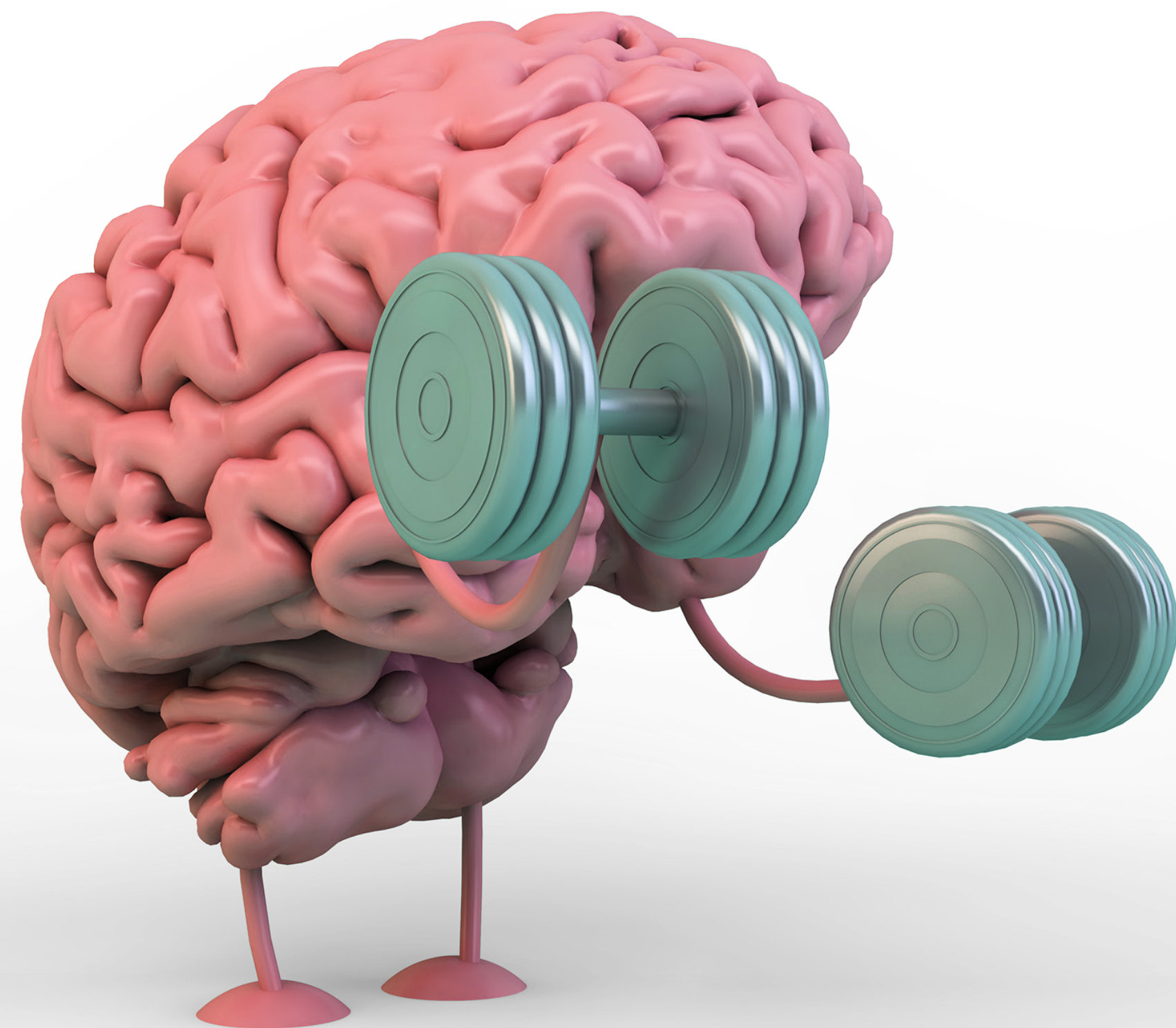
As vaccination rates rise and more U.S. companies move toward a hybrid working model or a fully reopened workplace, employees are starting to think about returning to conversations around the water cooler and other aspects of pre-pandemic life. More specifically, U.S. employees are:

- Hoping their companies continue to focus on mental health, which came to the forefront during the pandemic
- Excited about a return to in-person workouts to support their health, mentally and physically

Those findings are from a recent survey of 1,000 adults across the U.S. Here's what else is on the minds of employees as we turn the corner on COVID-19.



PHYSICAL ACTIVITY WAS KEY TO MENTAL HEALTH DURING A VERY DIFFICULT YEAR



42.8%

of U.S. workers say physical activity was the single most impactful thing they did to support their mental health over the last year.

42%

say their physical wellbeing **improved** during the pandemic.

51.5%

say their employer **does not** currently offer fitness benefits.

63.4%

say they **wish their employer did** offer fitness benefits.



EMPLOYEES ARE EAGER TO RETURN TO BRICKS AND MORTAR

People seem comfortable and eager to return to the office and the gym.

64.3% are excited about returning to an office.

64.6% are excited to return to the gym.

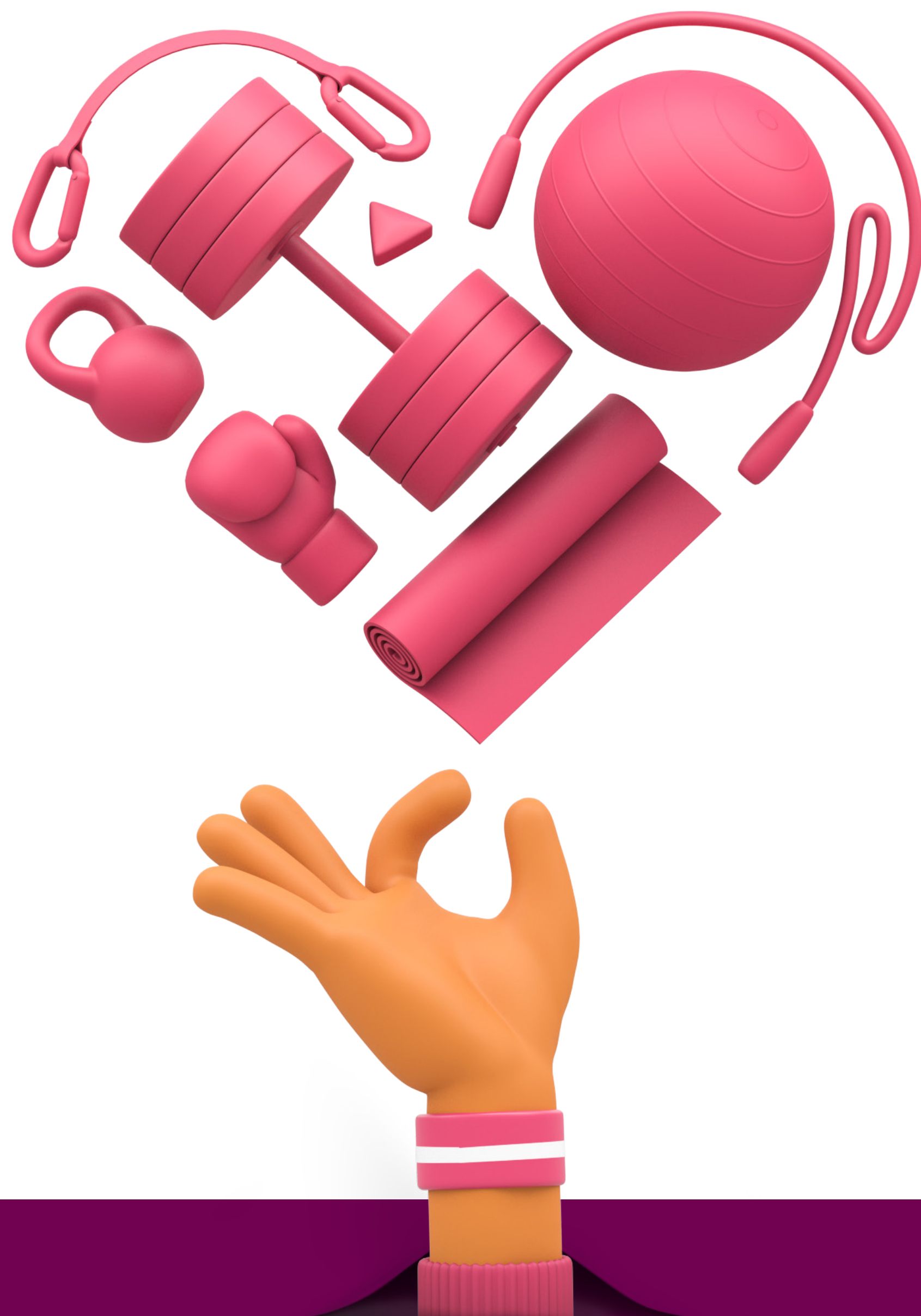
Looking ahead, in-person fitness regimens get the nod over other options.

41.8% say their fitness regimen will be in-person over the next six months.

20.9% say they'll do a hybrid of virtual and in-person fitness programs.

89% say they will stay as active or be more active after they return to the office.

The return to the office will correspond to an increase in physical activity.



PHYSICAL ACTIVITY AND MENTAL HEALTH: A LINK EMPLOYERS SHOULD EMBRACE

Over the past year, younger employees (18 to 24) **turned to therapy** to take care of their mental health, while older employees (55 to 64) turned to **physical activity**.

Either way, the business results are real:

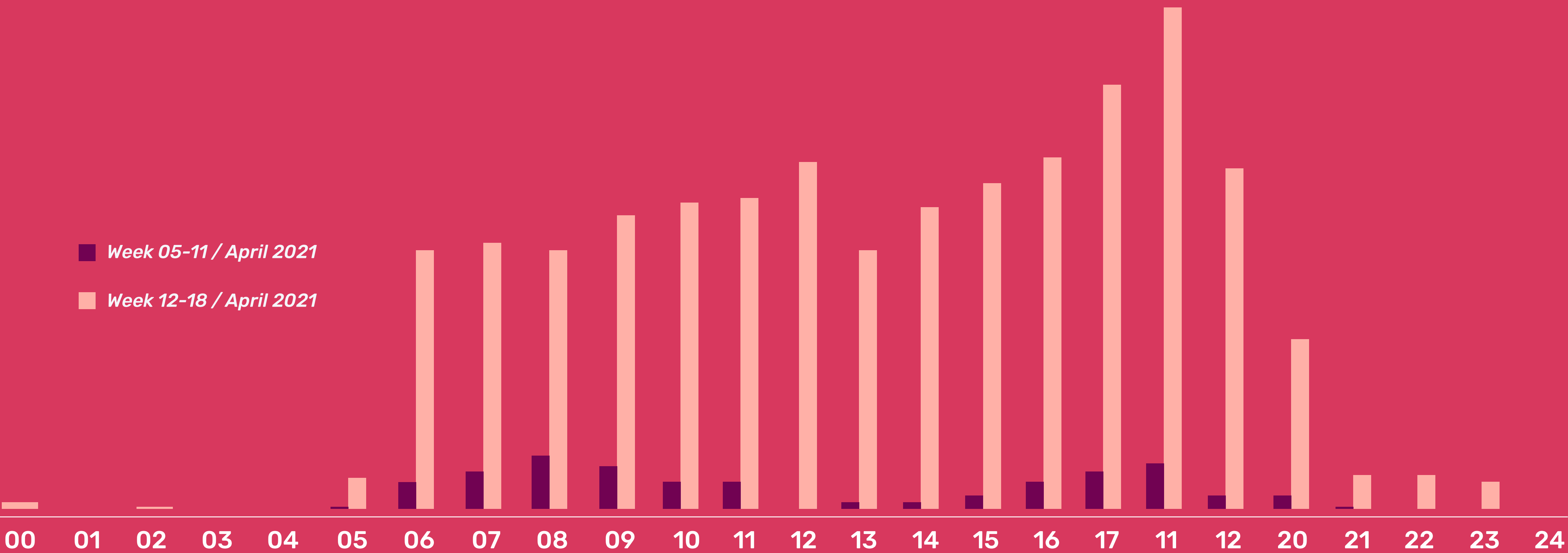
- **Employees 18 to 39 years old** – physical activity makes them **more productive**
- **Employees 65+** – physical activity gives them **more energy**

Employees in the 25 to 44 age bracket are ready to move forward. They feel strongly that returning to the office will **positively impact their mental health**. They also show the most excitement for **returning to in-person fitness**.

The takeaway: Employers need to realize that the desire for in-person interactions – in the office and at the gym – have a positive impact on employee mental health.

Although the U.S. is still moving into its reopening phases, it can learn from the experience of countries that have safely reopened. For example, after the United Kingdom most recently reopened, the region saw a huge wave of eager gym-goers trading in their at-home sweat sessions for a mask-clad, safe alternative in the familiar comforts of in-person gyms and studios.

According to data from Gympass*, a whopping **97% of members** who logged in to the app visited a gym or studio in person during the U.K.'s first week of reopening (April 12-18, 2021).



While gyms did reopen previously during the pandemic (only to shut again), this newest reopening feels like it will stick. Compared with the U.K.'s reopening in July 2020, the number of Gympass members who made the leap to in-person workouts **jumped 33%** during this April's reopening.

Through all of these changes, how can companies support their employees and their new preferences and expectations? The answer lies in **flexibility**. The same way that many companies plan on introducing hybrid work models, employers need to seek wellbeing solutions that have a hybridity mindset. Not every employee will feel the same as the rest – the spectrum of nerves, excitement, and priorities **will vary**.

Gympass is a solution that understands companies from top to bottom, prioritizing both the organization and the individual. [Learn more about how Gympass can help your company here.](#)

**Proprietary data from Gympass on app usage and gym visits*

