



[www.charlottewoodpilates.com](http://www.charlottewoodpilates.com)

# Happy backs *at work*



Pilates in under 10 minutes per day for MSK health

60% – 80% of your workforce are likely to suffer back pain, supporting them to stay at work makes good business sense



Clients with back pain tell me they feel:

isolated **tired**

**tearful**

lonely **sad**

**frustrated**

**unrecognisable**





**The reason  
doctor's,  
physio's and  
many health care  
professionals,  
recommend  
Pilates is because  
it works!**



# The Figures



Days lost every year to  
back pain

**12 million**



Cost to UK economy

**£10 billion**



Cost to NHS

**£4.7 billion**





# Can you imagine

a workplace where...



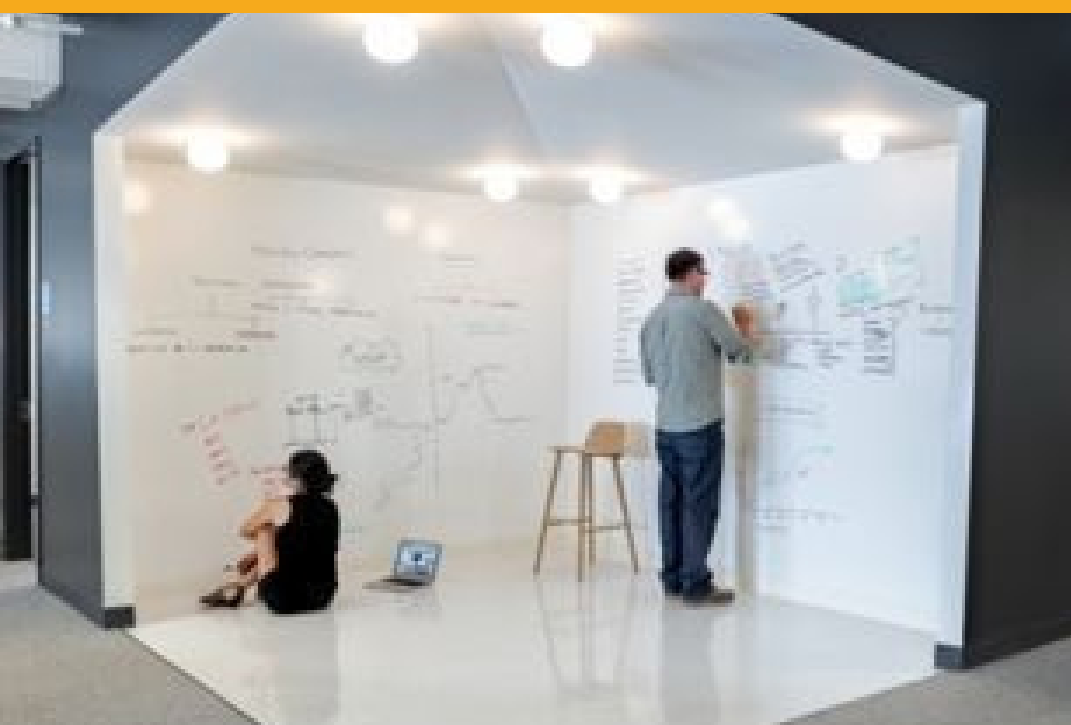
we were encouraged to move at work



we had time to move at work



our working environment made movement simple







# Pilates benefits

01

**Promotes positive mental wellbeing**

02

**Pain relief**

03

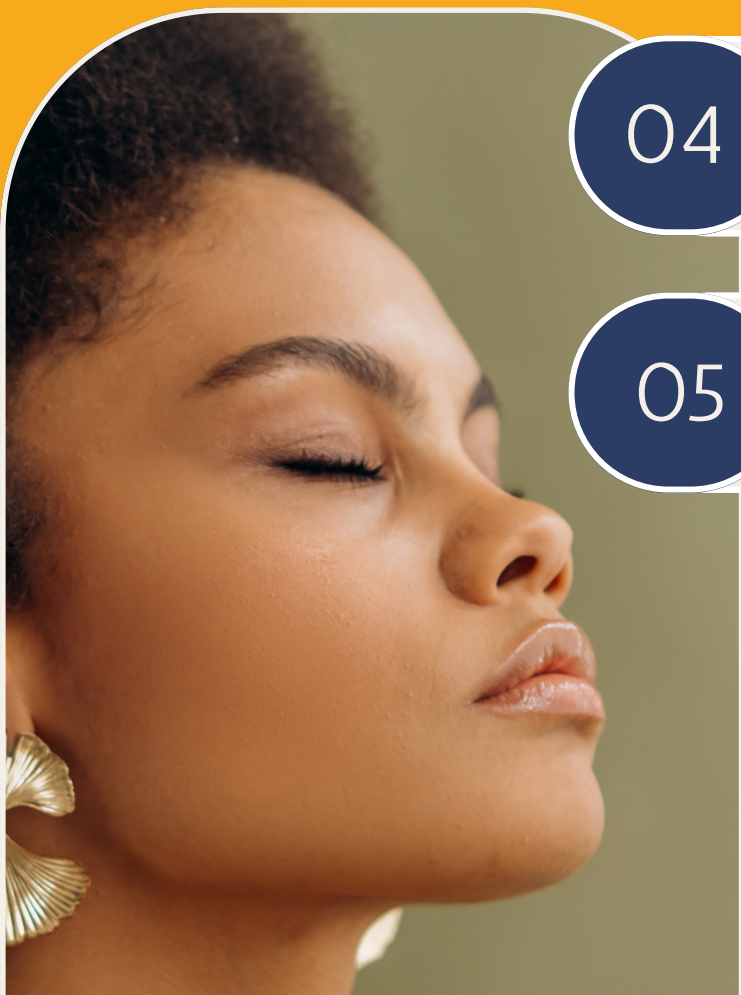
**Increased strength**

04

**Improved sleep**

05

**Improved posture**



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***run regular  
healthy back  
promotions***

***provide  
creative &  
simple  
opportunities  
to move***

**Being  
a happy  
back  
employer  
of choice**

***create a  
movement  
culture***

***provide on-  
going  
support  
and  
community***

***consult  
with staff  
for ideas***

***provide  
home  
participation  
options***



# Let's connect



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