



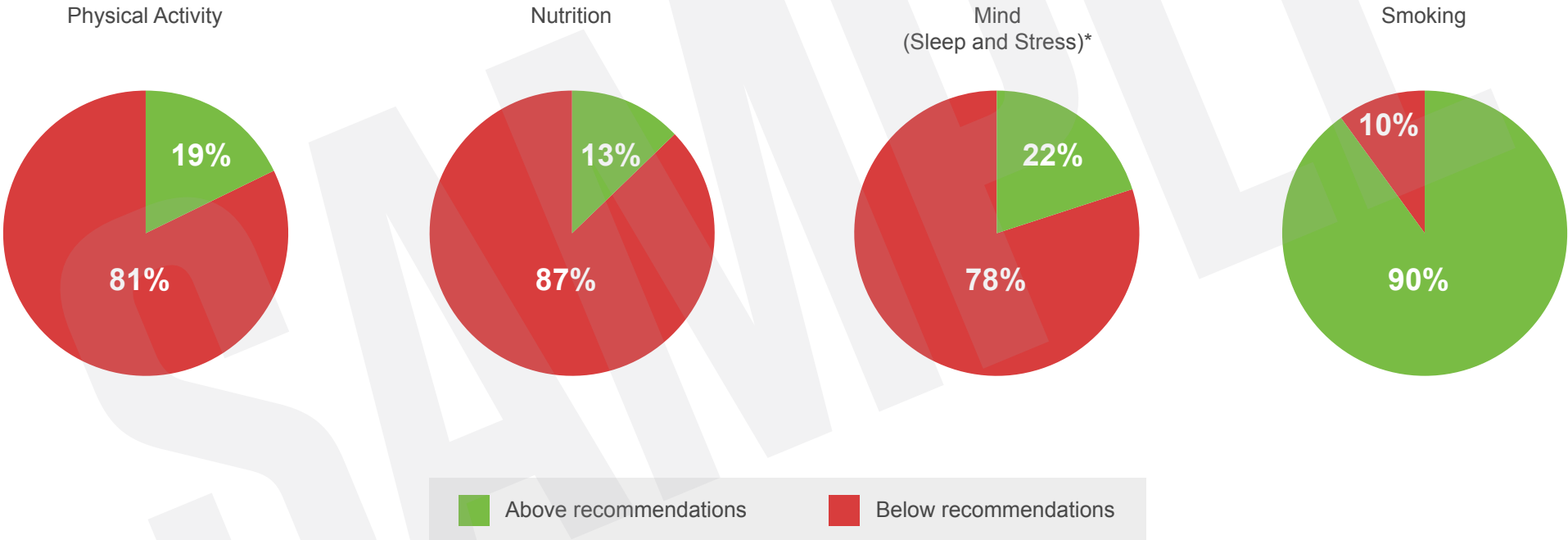
GLOBAL
CHALLENGE

100 DAY JOURNEY GLOBAL BASELINE REPORT

SHAREABLE

LIFESTYLE HABITS

The day-to-day choices Global Challenge members make around physical activity, nutrition, psychological wellbeing and sleep can impact their performance. The charts below provide an overview of the proportion of Global Challenge members who are successfully meeting the recommended scientific and medical guidelines across four key health indicators. During the program, they will learn how to make the right lifestyle choices and take better care of their health. This process starts with exercise. Then, when confidence and habits have begun to improve and employees discover how easy change can be, they start eating more healthily, develop a more resilient mindset and finally sleep better. The result is that they come to work physically and mentally ready to take on the world.

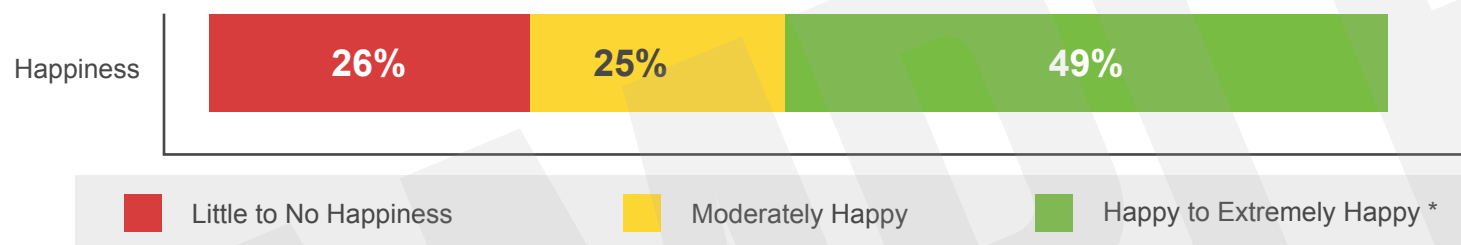


* the 'Mind' category is a combination of the answers to the Sleep and Stress questions in the health and lifestyle survey

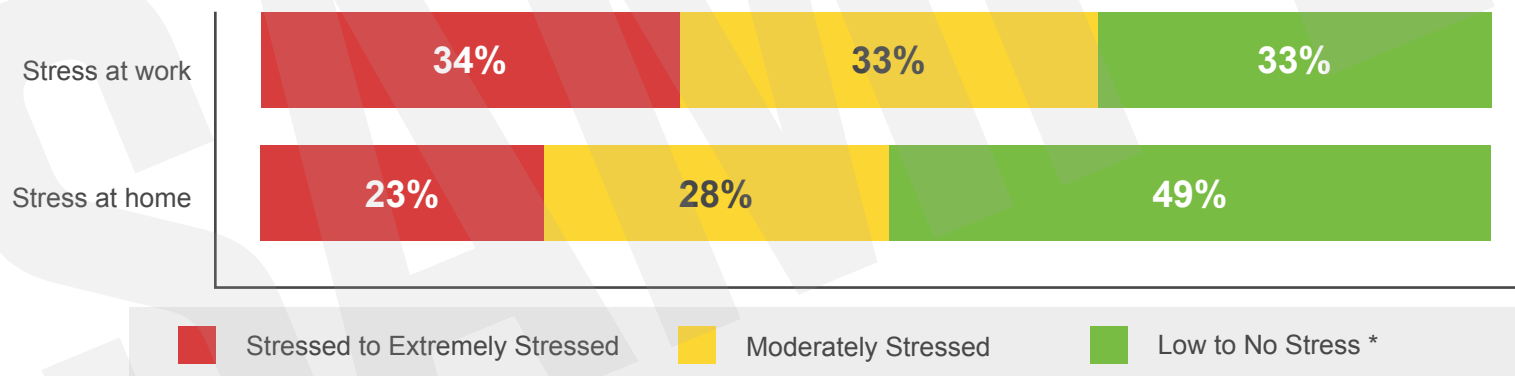
STRESS AND HAPPINESS

The Global Challenge provides an indication of employee psychological wellbeing with three metrics: happiness, stress at home and stress at work. Our research(3) reveals that workers reporting high to extreme levels of stress rated their sleep quality, fatigue and productivity worse than their less-stressed colleagues. By increasing physical activity levels and improving sleep, The Global Challenge has a beneficial impact on mental health, developing higher individual resilience within the collective working environment.

Distribution of members' happiness pre-Global Challenge:



Distribution of members' stress levels pre-Global Challenge:



* Ranges based on 7 point Likert items.

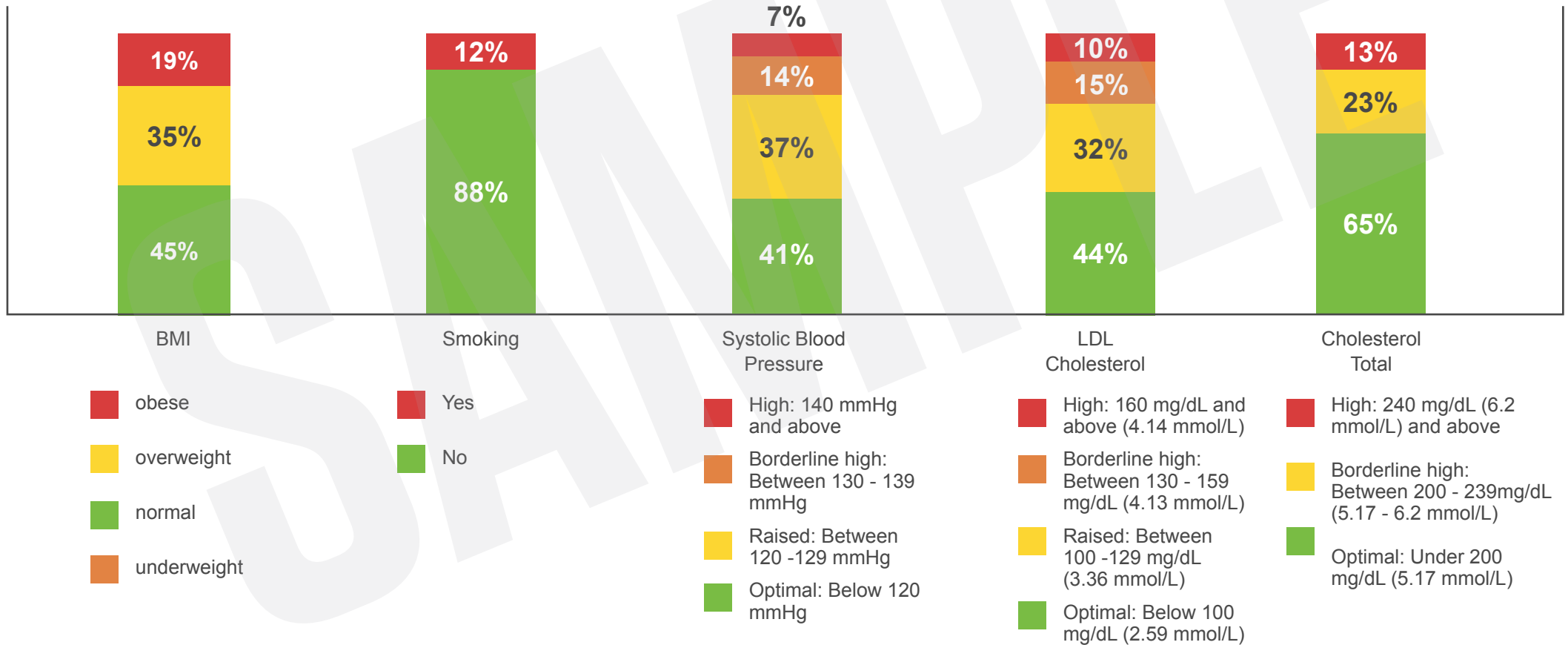
For stress, 'low to no stress' represents the percentage of employees who have answered low stress, very low stress and not at all stressed, 'moderately stress' shows the percentage who have answered moderately stressed and 'stressed to extremely stressed' is the percentage who have answered stressed, highly stressed and extremely stressed

For happiness, 'happy to extremely happy' represents the percentage of employees who have answered being happy, very happy and extremely happy, 'moderately happy' shows the percentage who have answered moderately happy and 'little to no happiness' is for the percentage who have answered somewhat, a little bit and not at all happy

BIOMETRIC RISK FACTORS

There is a clear link between a person's lifestyle risk factors and the development of ill health later in life. The resulting health problems impact employees' individual performance as well as overall business performance. Early action to address these risk factors reduces the likelihood of employees experiencing ill health in the future and allows an organisation to plan around a resilient workforce. It should be recognised that risk factors other than those which have been measured and highlighted can influence a person's health.

Distribution of members into risk categories pre-Global Challenge:

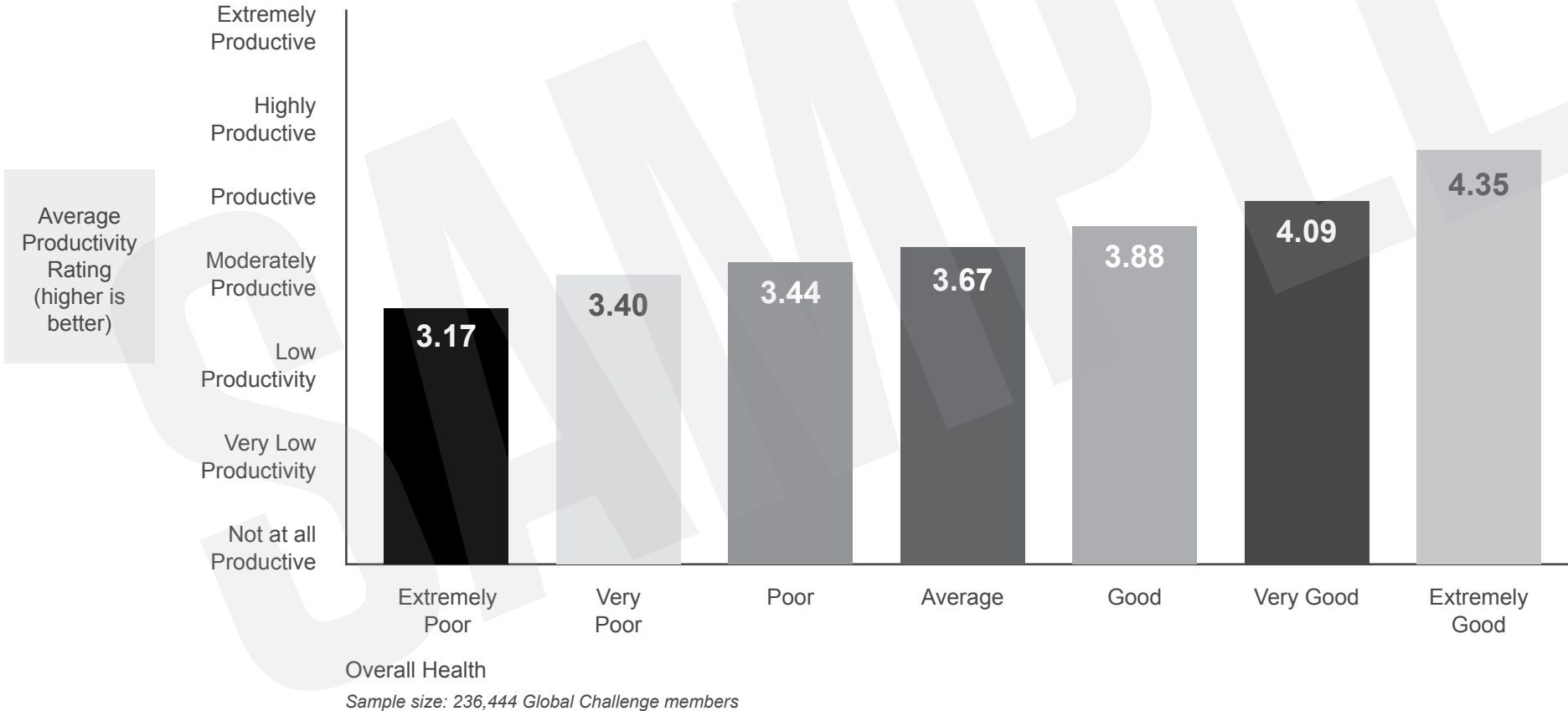


BASELINE CORRELATIONS

OVERALL HEALTH VS. PRODUCTIVITY

There is a clear link between an individual's overall health and their self-reported productivity rating. Intuition tells us that healthier employees perform better; however, the results below provide the scientific basis to this integral link. From a business perspective, the correlation makes stark reading, with those rating themselves in extremely poor health recording a productivity score 25% lower than those in excellent health.

Overall Health vs. Productivity at work (pre-Global Challenge)



REPORT OVERVIEW

Information Sources

Demographics & Motivations

Lifestyle Habits

- Overview
- Physical Activity
- Nutrition
- Sleep & Fatigue
- Stress and Happiness
- Psychological Wellbeing

Employee Health

- Health Scores
- Weight Management
- Heart Health
- Risk Factors

Employee Performance

- Productivity and Concentration at Work

Baseline Correlations

Appendix
