

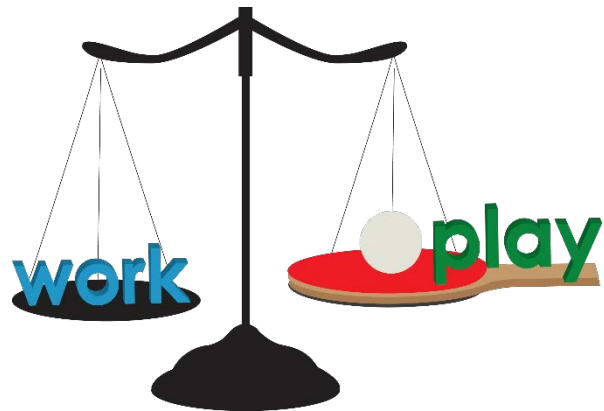
Why play makes good business!

We all know we should eat healthily, get active and take time to relax, but with the ever-growing pressures of a busy life, and with every minute of our day accounted for; it can seem impossible to fit in any 'down-time'.

There is, however, a movement of forward thinking employers that recognise the benefits of having a healthy, happy work force and are finding ways to help their staff; whether it's providing a free fruit bowl, a bean bag filled chill out area and the one we naturally love, a table tennis table in the office!

Our Loop at Work table tennis initiative helps businesses create a place people love to work.

By inspiring a balance between work and play, where everyone makes social interaction and activity priorities every single day, we're improving people's quality of life and creating a workplace culture which inspires collaboration and creativity.



Don't just take our word for it!

With over 350 workplaces already #INTHELOOP, we thought we'd ask our participants for their views of table tennis in their workplaces and we discovered ...

82% felt that Loop at Work improved their well-being

36% stated they were active less than once a week before their workplace introduced a Loop table

85% who were previously inactive or active less than once a week, increased their physical activity levels

The majority of Loop participants stated table tennis encouraged them to become more active.

Our workplace participants said they loved playing to be with other people, to be part of something and to feel fit and healthy, some also enjoyed improving their game and the feeling of winning, including beating the boss!

Advertorial: Why play makes good business!

We loved these comments.....

'The table has given me the most fun I've ever had in the workplace! i'm addicted, but still not very good!'

'IT'S A GREAT WAY TO TAKE THAT BREAK FROM YOUR DESK AND GETS YOU MOVING AND THINKING'

'Lunch time and after work hours are fun. More social within the office'

'The chance to temporarily take a break and refresh, before heading back to my desk to work'.

'IT HAS BROUGHT THE WIDER OFFICE TEAM TOGETHER, PROVIDED LOTS OF LAUGHS AND ALSO ENCOURAGED PARTICIPATION FROM QUIETER MEMBERS IN THE OFFICE'.



So well done to those employers that are making it as easy as possible for their workforce to be healthy and active and keep it up to all those employees embracing the opportunities!



The Loop Team at Table Tennis England would love to help more workplaces introduce table tennis and to hear from those that already have!

So get in touch. You can email us loop@tabletennisengland.co.uk, tweet [@loop_tweets](https://twitter.com/loop_tweets) or visit www.keepintheLOOP.co.uk