



**Time your  
company  
worked it out?**

# When it comes to your company's assets, your people should be top of the list

At Aberdeen Sports Village Ltd (ASV) we can help you to create a happier, healthier team. Our tremendous facility and exceptional team can provide you with a range of health and fitness services here at ASV, and also onsite in your organisation.

Our state of the art sports centre has a top class fitness suite (the largest in Aberdeen), a 10 lane 50 metre pool and a separate 25 metre pool with Olympic standard diving boards.

Along with a full size indoor football pitch, sports hall and squash courts we have something for everyone in your business.



## Membership

### Your ASV Corporate Lifestyle Membership will give you access to:

- 150+ exercise stations.
- 100+ group exercise classes.
- 50m Olympic swimming pool.
- 25m Olympic diving pool.
- 8 lane 400m running track.
- 6 lane indoor running straight.
- 4 squash courts.
- 3 sports studios.
- 2 health & relaxation suites.

And all under one roof.

### Member benefits also include:

- 10% off at SPEAR Sports Injury and Physiotherapy.
- 10% off at Aberdeen Sports Massage.
- Specialist courses on offer such as pilates, running workshops and ballroom dancing.
- Lifestyle and Nutritional Advice
- Invitations to Health and Fitness open days and events.
- Opportunity to spectate at local, national and international sporting events.

### As a corporate member you will also gain access to:

#### Lifestyle Assessments

Are you looking to make your team fitter and healthier? Or do your staff need somewhere to pass their fitness/health tests? ASV provides Lifestyle Assessments which include:

- Height, weight and BMI.
- Body composition / body fat %.
- Cardiovascular variables such as blood pressure and heart rate.
- Fitness Assessments including VO2 Max tests, strength and flexibility tests.

#### Workshops/Seminars

Our highly experienced team can provide you with workshops/seminars on a range of health and fitness issues such as nutrition, importance of an active lifestyle, and how to train for a race. If you are looking to organise your own workshops/seminars you can book one of our meeting rooms.

#### Individual and Group Training

ASV can provide individual personal training and group training for your workforce. Our highly experienced instructors can educate, advise and motivate you, whether you are new to exercise or are ready to take your training to the next level. They can also advise on a range of nutrition and lifestyle factors.

#### Health Challenges

ASV can offer a 6 or 12 week Health Challenge which will include a Lifestyle Assessment at the start and end of the challenge with the aim being to improve the individuals overall health and fitness.



# Why should you have an active workforce?

By promoting health in your workplace, you could **save your business** an estimated **£1,600 per year per employee**.



Lower staff turnover

Studies show that following the introduction of an on-site fitness programme, turnover was reduced by between 8% and 13%.



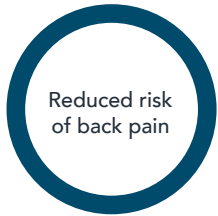
Reduced levels of stress, depression and anxiety

An increasingly common reason for work related sickness, costing the UK economy billions each year.



Fewer days off work

Active employees take 27% fewer days sick leave.



Reduced risk of back pain

The most common cause of sickness absence in the UK (estimated 16 million affected each year, at a cost to industry of £5.7 billion a year).



Fewer industrial injuries

Studies show that following the introduction of physical activity initiatives to workplaces, the number of injuries was reduced by 25%.

## Sources:

Fit in 14 - <http://www.fitin14.org/benefits/employers>  
& Let's Make Scotland More Active, A strategy for physical activity  
Fit for work Scotland – Working for a healthier tomorrow 2008



# Want to put something back?

ASV is a charity, regulated by the OSCR, operating on a not-for-profit basis, with any surplus income invested back into the facility for the benefit of Aberdeen and the North East. If you have a corporate social responsibility strategy (CSR), by working with ASV you will be investing in both your staff and your community.



Your lifestyle. One village.

#### **Sports Centre**

Linkfield Road, Aberdeen AB24 5RU

#### **Aquatics Centre**

Regent Walk, Aberdeen AB24 1SX

T: 01224 438984

E: [memberships@aberdeensportsvillage.com](mailto:memberships@aberdeensportsvillage.com)



asvabdn



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