

BUA FIT

OUTDOOR FITNESS CONNECTED

Mail: dave@buafit.com www.buafit.co.uk

Phone: 07557 671 740 [@](#) [f](#) [t](#)

SUPPORTED BY

Google
for
Startups



■ PROFESSIONAL PAIN POINTS

It is often quoted that modern day city professionals spend upward of 93% of their life indoors.

The Office for National Statistics suggest that Londoners spend about three weeks more time at work per year, compared to the UK average. With Londoners also facing the longest average commute nationwide, it's not surprising that workers' physical well-being and mental health is so frequently neglected. Reports of debilitating body posture and mental health issues are on the rise.

Musculoskeletal disorders can be responsible for injury and result in lost productivity, absenteeism, and potentially compensation costs as workers spend an average of six and a half hours daily sat in front of a computer screen.

It all combines to suggest an unhealthy trend for both businesses and employees.

■ GET MORE FROM GETTING OUTDOORS

Outdoor fitness is the healthier way to stay active. Numerous studies have suggested that active movement outdoors lifts negative moods and emotions, while producing additional benefits of lowered blood pressure and increased vitamin D production in the body. It's a natural setting for offsetting the office life to strengthen our bodies, increase direct exposure to sunlight and reset our mental state.

Group fitness is accelerating faster than any other fitness trend, according to the annual worldwide survey of fitness trends by the American College of Sports Medicine. "Group training" ranks Number 2 of Top 20 Worldwide Fitness Trends for 2019.

Participants report increased motivation from social encouragement, and benefit from better exercise form by referencing classmates, all while still benefiting from trainer oversight and tutorage, reinforcing it as the most encouraging, engaging and effective way to reach fitness results faster.

HOW CAN BUA FIT HELP YOUR BUSINESS?

Bua Fit is a tech platform that facilitates group outdoor fitness in bespoke locations across London. Our unique all-in-one tech and exercise solution can help your business by:

- Offering a wellbeing service for your employees
- Delivering team-building solutions for improving department and team work cultures
- Hosting timely morning, lunchtime and evening classes flexible to your office hours
- Breaking the monotony of office life and inspiring health, fun and creativity



BENEFITS TO YOUR BUSINESS

- Healthier and happier staff coming to your office
- Greater collaboration and communication amongst staff
- Cost-effective benefit to attract, retain and reward staff
- Huge uplift in staff productivity, stamina and mental balance

WHAT WE BRING

Our service is coordinated via a custom web app, accessible via any browser or mobile device.

On our platform, we have curated dozens of the best physical trainers in London to offer a variety of classes across a range of disciplines at times that suit you.



PARTNER WITH BUA FIT TODAY!

Partner with Bua Fit to receive our tailored enterprise package. Our business managers will meet with you to discuss the unique needs of your business and employees, offering a basic fitness audit of your team and can make recommendations to drive adoption.

Our technical team can offer company-wide signup and access, with customised billing. There's no obligation following our initial consultancy, so there's nothing to lose and everything to gain from connecting with us today!

"The app is so easy and fun to use, with no catches on booking classes. After a long day in the office this beats the gym hands down."

— NATALIE MORTON

Visit our website and try out the app:
www.buafit.co.uk

OUTDOOR FITNESS CONNECTED