Work, Move & Perf quantitative study

Reduction in absenteeism presenteeism

5–10%
of lost productivity due to presenteeism of annual salary

15–27%
of reduction in absenteeism due to Physical Activity (PA) programs

€180–€250/day
of average cost of one day of absence per employee, including wages, benefits, and productivity loss.

11–15% lower absenteeism and 9–12% lower presenteeism are observed among workers who reach the WHO-recommended 1200 METs/week, resulting in improved productivity and reduced company losses.

1–1.5 days fewer absences per year per employee can be achieved through cor-porate wellness programmes integrating daily movement, representing measurable economic savings

Boost in individual productivity and health

5- to 10-minute
Workers who engaged in 5- to 10-minute active breaks during the workday experienced improvements in processing speed, alertness, and emotional regulation

64%
of participants with regular physical activity reported feeling "more energetic and focused" during workdays compared to inactive employees

30 to 40%
less accidents and absenteeism at work thanks to the implementation of company sports

Enhanced team cohesion and motivation

59%
of employees with higher physical activity levels report higher job satisfaction and engagement

18–22%
increase in psychological wellbeing (WHO-5 index) is observed among employees achieving ≥1200 MET-min/week.

15–20%
higher happiness at work and affective commitment among active employees.

70%
of employees involved in company sport report higher energy, focus, and motivation throughout the workday.

4 in 5
organisations implementing company sport initiatives report stronger team cohesion, improved collaboration, and higher employee retention.

Impact on overall company performance

10–18%
of productivity improvement rate following PA programs.

6 months
is the average time to achieve positive ROI from corporate sport programs, primarily due to decreased absenteeism and improved morale

€3 to €6 saved per €1 invested : the estimated return on investment (ROI) of APS programs, particularly in organisations with regular program monitoring and management support.

4% to 14%
represents the increase of profitability of the company linked to the practice of physical activities and sports organised by a company.

Sources
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To know more about PA programs and company sport:
European Federation for Company website: efcs.org
https://workmoveandperf.com/