

Why encourage my team to use Work it?

Work it is co-working (flex space) with many benefits to a company and its employees with workplace flexibility or meetings on the road.

It can further enhance their work/life balance while improving performance by integrating their fitness and wellness INTO their work.

Work it is the first *truly integrative* workspace. We offer:

- ✓ Active workstations (treadmill, pedal, sit/stand)
- ✓ Fitness equipment
- ✓ Showers
- ✓ Full kitchen (not FDA)
- ✓ Active and traditional meeting rooms
- ✓ Privacy room for nursing parents or other needs
- ✓ Active conference rooms great for meetings, trainings, and off-sites

Did you know:

- 71% of workers report a boost in creativity since joining a co-working space
- 62% said their standard of work had improved in a co-working space
- Almost 90% of coworkers report an [increase in self-confidence](#)
- 70% of coworkers [feel healthier](#) than they did working in a traditional office
- 64% of coworkers are better able to complete tasks on time

(Source: Deskmag annual global co-working survey)

Active Workstation Benefits:

- ✓ Increased productivity, creativity, memory, & comprehension
- ✓ Decreased stress response
- ✓ Increased calorie burn (vs sitting)
- ✓ Improved insulin production (vs sitting)
- ✓ Improved muscular-skeletal health
- ✓ Improved after work energy
- ✓ Decreased depression and anxiety



Co-Workit.com

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