Success in Business

Elite Companies Choose Movement

LifeSpan is at the heart of the modern office. Every Workplace installation is unique - fine-tuned to the culture and goals of each setting. Whether you’re motivated by standing, pedaling, or walking, find powerful inspiration and insights through the successes of those who have taken the next step in productive wellness.
There is no better way to nurture any growing businesses' greatest asset than through physical and mental wellbeing. Office activity enhances culture, retains top talent, and inspires enterprise-grade productivity, all without taking you away from the task at hand. See how other small businesses are using movement to create productive, energized environments.

While looking for their new office in San Francisco, Tint wanted a space that would reflect their bright personality while feeling casual and productive. The result? Niche spaces for personal work, collaborative huddle areas, and team-specific active desks. Standing desks and treadmill desks are sprinkled throughout the office to make activity easy.
As a life insurance company, Health IQ knows the formula for vitality. The company advocates for a “health-conscious lifestyle” and supports this mantra among their employees by physically integrating health-inspiring active desks directly into their working space.

Employee Count: <150

Miami, FL

What makes an elite coworking space? Premier atmospheres, leading technology, and dedication to the entire professional experience. Miami’s Building Co. has perfected the elements of that potent recipe, creating the superlative share workspace. A powerful element of their offering? The benefits of active working.

Employee Count: <50

Rye, NY

Acadia Realty has achieved “unusual vitality” through employees capable of “getting the job done” quickly and efficiently. How? By empowering their workers with an extraordinary level of independence and catering to their primary needs. Secluded spaces armed with treadmill desk workstations are available for highly-focused, active work.

Employee Count: <200
San Francisco, CA

Employee Count: <100

MyFitnessPal empowered their employees’ health long before joining Under Armour, the Forbes Best Place to Work and Most Innovative company. Bike desks, standing desks, and treadmill desks form a total complement of active workstations, letting staff work toward their calorie goals without hindering productivity.

New York, NY

Employee Count: <100

“They are perfect for 1:1’s”, says StreetEasy, referring to their treadmill desks. Despite growing in headcount and office space, the company has stayed true to their people-first roots with open, fluid floor plans and standing desks available for every employee. The philosophy is working, as 2017 marks their third year in a row on SHRM’s Best Companies to Work For list.
The next step for mid-sized companies is often literal. Adding unobtrusive, cost-effective exercise to professional areas is beneficial to both employee wellness and the bottom line. See how medium-sized companies are using LifeSpan Workplace to encourage new creativity and accelerated production.

PERKINS + WILL

“We believe in making physical activity a natural part of our daily routines.”

Perkins + Will is dedicated to transforming buildings and communities into places promoting health and wellness. What does that mean functionally? The availability of indoor and outdoor spaces dedicated to exercise, including standing desks and treadmill desks.

Chicago, IL

Employee Count: 2,000
<table>
<thead>
<tr>
<th>Location</th>
<th>Employee Count</th>
<th>Company Philosophy</th>
</tr>
</thead>
</table>
| Seattle, WA       | 1,500          | "It's not required for companies to do this, but it’s a great perk that makes me feel better personally and physically. I love it."  
~ Jenny Hoefel, Event Manager, Zillow Group |
| Provo, UT         | 1,500          | According to Qualtrics’ CEO Ryan Smith, the company’s culture is “all about moving forward.” The company has made their philosophy of motion a literal one by integrating community treadmill desks throughout their numerous global offices. Evolving from a basement concept to a billion-dollar enterprise in less than a decade, it’s safe to say they’re on the right path. |
| Brentwood, TN     | 700            | NaviHealth is on a mission to reinvent healthcare. But before trying to overhaul quality patient care, they started with their own talent. By holistically encouraging health as a lifestyle, including company sponsored sports, under-desk treadmills, and meditation rooms, they have simultaneously elevated both employee wellness and their professional experience. |
| Seattle, WA       | 1,500          | Zillow has a self-proclaimed “Treadmill Desk Lifestyle”. Employees conduct one-on-one meetings, jump on conference calls, respond to emails, or walk off their catered lunches in designated treadmill desk rooms. Glassdoor has bought in, designating them a 2016 top-10 best company to work for. |
In the war for competitive advantage, attracting and retaining top talent has never been more critical. By creating employee-centric, energy-inspiring work environments, the world’s leading companies are acquiring the best employees, maximizing their efficiency, and reaping the fiscal rewards. See how these companies are using LifeSpan to keep the grass greener on their side of the fence.

EY endears itself to employees, and bottom line, but putting its people first. Workers laud the company’s culture of “work when and where you want”, EY inspires a global culture of health, encouraging employees to access “on the go” medical treatment options, including online video conference consultations, diagnosis, treatment, and prescriptions.

Employee Count: 231,000
Google

The king of analytics, Google developed the People & Innovation Lab to conduct research and development within its own HR department. The result? The weaving of active working into nearly all Google offices, displaying a complete dedication to employee-friendly, health-inspiring workplaces.

Mountain View, CA
Employee Count: 57,000

Hearst

“The action of walking helps me think better.”
— Joanna Coles, Chief Content Editor, Hearst

Hearst is no stranger to wellness, exploring health-related topics across their 50+ media channels. The publisher takes its research to heart, proactively attempting to help employees work, eat, and live healthier, more-balanced lives. From the top-down, Hearst inspires professional spaces that actively promote fitness, nutrition, and mental wellness.

New York City, NY
Employee Count: 20,000
The Mayo Clinic is described as a "place of hope". The nonprofit medical center provides exceptional care to patients and employees alike, creating social, positive atmospheres. With physical activity combating up to 80% of all preventable disease, the clinic provides spaces for invigorating, productive workplace movement.

Rochester, MN

Employee Count: 64,000

Take the Next Step.

Explore the Movement for Your Business.

Standing Desks | Bike Desks | Treadmill Desks

LifeSpanFitness.com/Workplace