



fortfitness
HEALTH & FITNESS CLUB

FORT FITNESS CORPORATE OFFERS



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MONDAY-FRIDAY: 05:00AM – 00:00PM
SATURDAY-SUNDAY: 06:00AM – 10:00PM



WHY PHYSICAL ACTIVITY IS **ESSENTIAL** TO A PRODUCTIVE WORKPLACE

COGNITIVE PERFORMANCE DEPENDS ON PHYSICAL HEALTH

Over a quarter of the Maltese adult population over 15 years is obese.

Numerous studies have demonstrated a positive association between obesity and various mental health issues, including depression, inconsistent or poor performance, eating disorders, anxiety, and substance abuse.

EXERCISE IS THE WORLD'S MOST POWERFUL (AND UNDERUTILISED) ANTIDEPRESSANT

A systematic review and meta-analysis pooling 174 surveys across 63 countries found that approximately 1 in 5 respondents experienced mental disorders.

Multiple comparative studies have shown that people who took antidepressants and exercised fared overwhelmingly better than people who took antidepressants but didn't exercise.

MUSCULOSKELETAL (MSK) INJURIES ACCOUNT FOR 40% OF WORKPLACE INJURIES

The stress on the spine caused by sitting for too long also increases neck, back and hip injuries. MSK injuries have been shown to last 4 days longer than other sickness on average, causing a significant reduction in productive output.

Sedentary desk-based jobs increase all causes of mortality, from cardiovascular diseases, diabetes to cancer.

Experts agree that regular, consistent exercise is effective at reversing the damage done to our body from sitting for too long.



CORPORATE DISCOUNTS

5% OFF 3 MONTH MEMBERSHIP

10% OFF 6 MONTH MEMBERSHIP

15% OFF 12 MONTH MEMBERSHIP

**CONTACT US TO DESIGN A TAILOR-MADE
CORPORATE PACKAGE FOR YOUR TEAM.**



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INCLUDED IN OUR MEMBERSHIP

- **OVER 140 EXERCISE MACHINES**
- **A THREE-LANE INDOOR TRACK**
- **SELECTED FREE CLASSES**
- **A BOXING RING & ACADEMY (ALL AGES)**
- **FREE MEAL PLAN**
- **FREE PARKING**
- **ACCESS TO PERSONAL TRAINERS**
- **ACCESS TO LOCKERS**
- **MEMBERS APP**
- **ENTER/EXIT WITH YOUR PHONE**