



Ginsters
of Cornwall



Active Workplace Monthly Monitor		
	Jun-10	
Activity	Predicted	Actual
Number of individual gym sessions	160	593
Number of new gym inductions (including Nuffield Health)	2	4
Number of times people engaged in running/walking/letterboxing	35	190
Number new people engaged in running/walking/letterboxing	2	1
Number attending Badminton sessions	24	33
Number of new people attending Badminton	1	0
Number attending Weight Management group	8	39
Number of new people attending Weight Mangement group	2	2
Number attending Smoking Cessation		
Number of new people attending Smoking Cessation		
Number attending Spinning sessions	40	18
Number of new people attending Spinning	1	0
Number of people using on-site bikes	6	4
Number of new people using our bikes	6	4
Number of people attending Health assessments/diabetes		
Number of new people attending Health assessments/diabetes		
Number of people seeing Chiropractor/ back care sessions		
Number of people attending Climbing/abseiling		
Number of new people starting Climbing/abseiling		
Number of people attending kettlebell	20	25
Number of new people starting kettlebell	1	0
Number of people attending allotments	25	219
Number of new people attending allotment evenings/gardening	2	3
Healthy Cooking Classes		
New people Healthy Cooking		
People attending Pilates	8	3
New people attending Pilates	0	0
Number of people taking part in Zumba classes	22	24
New people attending Zumba	1	0
Number of people attending Birds of Prey walks on Moors	8	11
New people attending Moors Walks	8	11
Number of people taking part in Horse riding		
New people doing Horse riding		
Number of people taking part in gym challenge		
Number of new people using your gym for challenge		
Number of people going to Motor racing		
Number of new people going motor racing		
Number of people swimming		
Number of new people swimming		
Number of people canoeing	8	0
Number of new people canoeing	8	0
Number of people playing table tennis	8	54
Number of new people playing table tennis	8	11
Number of carriages on the walking train	20	38
Number of new carriages on the walking train	5	6
Number of people taking part in boxing		
Number of new people trying boxing for the first time		
Number of people taking part in reiki	16	25
Number of new people trying reiki for the first time	16	25
Number of people taking part in archery		
Number of new people trying archery for the first time		
Participants	408	1276
New people engaged in activities	63	67

Ginsters Health & Wellbeing - Summary

Exercise

Blue/Green Gym

On Site Activities

Allotments/Kitchens

Cares Challenges

Consultation/Advice

Referrals/Rehab/ Return
to Work
Occupational Health/
Medical Facilities
Private Consultation
Rooms
Mental Wellbeing
Massage

Nutrition
Lifestyle
Financial (CAB)

Learning and Development

Training Rooms

Open Learning Resource

Engineering/Technical
Resource Room

Kitchen/Process Rooms

Passion at the Academy
Music/Laughter/Drama

Community

School/Student Visits

On-line/virtual Bakery
Visits

Student Projects

Business to business

Environmental
Management

Safety in the Workplace



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