

WHO: Infinity Yoga & Wellbeing

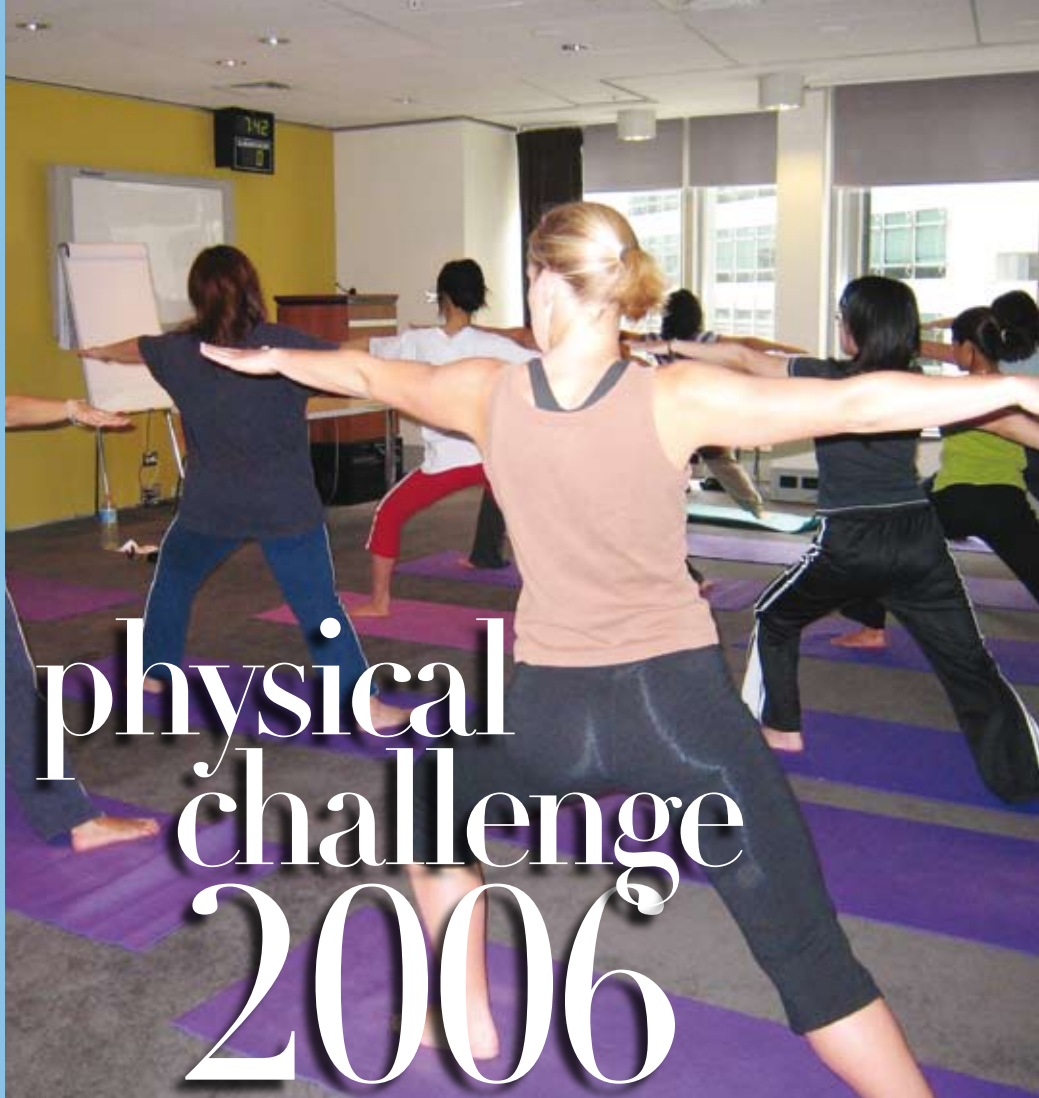
WHAT: Jones Lang LaSalle "Physical Challenge 2006"

WHEN: September – November 2006 (12 weeks)

WHY: Global real estate provider, Jones Lang LaSalle encourage their staff to embrace a healthy balance of work and personal life. The firm understand that physical wellbeing and lifestyle balance are key contributors to teamwork and staff performance. Jones Lang LaSalle know that their people are their most important asset.

WHERE: Jones Lang LaSalle offices nationally

PAX: Up to 140 pax weekly



JONES LANG LASALLE PHYSICAL CHALLENGE 2006 JONES LANG LASALLE



HOW: In an honesty-based system designed to encourage physical activity and intercompany interaction, individuals and teams of up to five were encouraged to earn points for any exercise they engaged in over a 12 week period. Participants were required to record and tally points for activities performed from an approved list; e.g. yoga. Each person recorded the activities performed based on the approved list ie. Yoga = 10 points, Gym Class = 10 points, Swimming per 100m = 1 point etc. Winners were determined by the amount of points accrued. An important element of the 2006 program was the addition of company-funded yoga classes and lifestyle seminars, hosted during working hours. Infinity Yoga & Wellbeing drew on its national resource of yoga teachers and developed a program of teaching yoga in each location over a period of 12 weeks. Jones Lang LaSalle staff were sent questionnaire forms to complete prior to attending the yoga classes. This enabled the yoga teacher to implement modifications to the participants' practice who had existing ailments/injuries. Yoga mats were ordered for each location.

SPECIAL TOUCHES: By giving the participants the opportunity of modifying their practice it did not exclude anyone from attending the yoga classes. Infinity wanted to assure participants that yoga was not about twisting oneself into a human-like pretzel. If you can breathe you can do yoga. In addition to the yoga classes Infinity Yoga & Wellbeing conducted a series of wellbeing seminars. The "Recipe for Wellbeing" seminars were held for staff on a monthly basis. Three sessions were held on topics such as "Finding Your Breath", "Relaxation/Meditation" and "Nutrition". Each participant was sent handouts of the seminar so that they could continue their practice of wellbeing and had a point of reference to go back to.

IN SUMMARY: The most important outcome for Jones Lang LaSalle was that their staff participated in the "Physical Challenge 2006". The numbers were achieved and most importantly everyone had fun and worked together as a team. This is the perfect outcome for a business that understands their people.