

## Totally announces five-year contract extension between Energy Fitness Professionals and Royal Mail

4 years ago



[Energy Fitness Professionals](#) (EFP), the providers of corporate fitness and wellbeing services across the UK and part of the [Totally](#) Group, has been awarded a five-year contract extension by the Royal Mail. EFP has managed the Royal Mail's onsite gyms for 18 years.

The contract extension, which runs until May 2027, covers the management of 34 gyms for the Royal Mail across the UK, the introduction of an enhanced digital offering, "Health Hub", and the trial of a new wellbeing consultation protocol for gym members called "Health Fair":

- Health Hub provides members with an enhanced user experience, bringing all wellbeing services together through an easy-to-use application. The service enables remote access to services such as online workouts, challenges and live or recorded exercise classes for hybrid workers, and allowing members to seamlessly connect to make bookings, payments and to communicate quickly and easily.
- Health Fair consultation service offers 30-minute, one-to-one appointments with gym members to capture key health data such as cholesterol, body fat, blood pressure, lung function as well as lifestyle data including diet, sleep and stress, which is analysed and discussed with the members as part of goal-setting. Anonymised data collated across all sites also provides Royal Mail with insight into their employees' health, enabling action plans to be developed for business improvement.

Since the removal of COVID-19 restrictions in the UK, EFP has witnessed a change in approach across all

business sectors, with many businesses adopting hybrid working patterns for their employees and refurbishing and enhancing their fitness and wellbeing offering to encourage employees back to the workplace.

EFP provides a broad range of services to support employees with hybrid working patterns, including digital services and more traditional on-site solutions. These services allow employees to take control of their health and wellbeing whilst utilising data to support the development of practical goals; and supports Totally's vision to improve healthcare outcomes across the UK & Ireland by reducing reliance on the healthcare system through the promotion of healthy lifestyles and good physical and mental health.