

PUT WELLNESS TO WORK

AT GALLERIA OFFICE TOWERS

COMING SOON TO GALLERIA OFFICE TOWERS: GREAT PERKS WITH REAL BENEFITS

WHY DO BUSINESS LEADERS INVEST IN WORKPLACE WELLNESS? ¹

95%

TO REDUCE DIRECT
HEALTH CARE COSTS

77%

TO IMPROVE
EMPLOYEE MORALE

75%

TO RETAIN
GOOD WORKERS

67%

TO ATTRACT
GOOD EMPLOYEES

64%

TO IMPROVE
PRODUCTIVITY

ON-SITE FITNESS CENTERS

- On-site fitness centers are the most desired workplace wellness benefit.²
- Physical activity leads to better cognitive function and better functional health in adults.³
- Fitness options at work can boost medical savings by 59% and increase productivity by 41%.⁴
- Exercise improves the relationships between supervisors and employees by buffering stress and frustration.⁵
- Physically active employees are more satisfied with the quality of their work and take less sick time.⁶
- A 2010 study showed that for every dollar spent on wellness programs, medical costs fell by approximately \$3.27 and costs associated with absenteeism fell by approximately \$2.73.⁷

OUTDOOR GATHERING SPOTS & WORKSPACES

- Access to outdoor environments can lead to 20% higher performance among employees.⁸
- Eating lunch in outdoor spaces results in significant boosts to both productivity and happiness.⁹



¹William M Mercer, Inc., and the US Department of Health and Human Services, 1999

²Principal Financial Wellbeing Index: American Workers, 2012

³National Center for Chronic Disease Prevention and Health Promotion, 2008

⁴Journal of Occupational and Environmental Medicine, 2008

⁵Journal of Business and Psychology, 2012

⁶Journal of Occupational and Environmental Medicine, 2011

⁷Health Affairs, 2010

⁸University of Michigan, 2008

⁹University of Sussex, 2013

NEW ENERGY. TIMELESS APPEAL. GALLERIA OFFICE TOWERS.

CELESTE FOWDEN

+1 214 979 6113

celeste.fowden@cbre.com

SHANNON BROWN

+1 214 979 6311

shannon.brown@cbre.com

KENZIE KILLGORE

+1 214 979 6121

kenzie.killgore@cbre.com

ONE GALLERIA TOWER

13355 Noel Road

Dallas, TX 75240

TWO GALLERIA TOWER

13455 Noel Road

Dallas, TX 75240

THREE GALLERIA TOWER

13155 Noel Road

Dallas, TX 75240