

Iteracy Web Design

2 employees
Two friendly people who happen to be expert website designers.



Healthy
Workplace

What we do:

We're friendly web developers who believe in plain English, good customer service and beautiful, unique websites that fit you perfectly.

Why we became a healthy workplace:

Health is a top priority for us personally, but as a small business it's crucial that we minimise days lost to sickness so we can be as productive as possible. Living and working together can be very challenging; staying happy and healthy helps us maintain a good relationship.



Recent health and well being activities:

During the week, our daily routine starts with one of us doing a dog-walk of at least an hour while the other exercises at home (weight

training and yoga).

We always take a lunch break away from our desks, usually making our lunch fresh each day. In good weather we eat on the terrace or take a picnic to the park.

We usually walk the dog after work too, either around the neighbourhood or in the park. This gives us the opportunity to talk over issues from the day and unwind.

Thursday nights is a highlight when we attend "Speak English" at a cafe. We help Spanish people learn to speak English, prepare games and quizzes, and have made many good friends in the process.



Plans aims for the next year:

We aim to continue our exercise regimes and maintain a healthy work/life balance. Our weekly Spanish lessons continue to challenge us mentally and we will continue practising our Spanish in day-to-day life and in

regular meet-ups with Spanish friends. Our new home-office is a much lighter and brighter environment. We may need to make adjustments as the year progresses to stay cool.

Quote feedback from Director:

"Keeping fit keeps me sane. It gives me an important break from work and allows me to get my thoughts in order." Mat

Quote feedback from Staff:

"I'm really pleased we both have our own bikes again. I had a week-long cycling holiday last year and I'm planning another this year. The motivation to get fit for a cycle holiday gives me a reason to get out on the bike." Kat

Success Story:

Mat bought a Fitbit in May 2017. Before that, he wasn't particularly interested in fitness. The competitive nature really appealed to him, and he is regularly at the top of his leaderboard for number of steps against friends and family. He uses the Fitbit to track activity and sleep. His goal is 150 active minutes per day and 7 hours of sleep per night. This has made a huge difference to his health and wellbeing.