

Global **working from home** survey

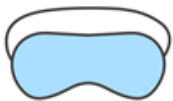
the results are out!

In February 2021, we asked our members to participate in an independent Global Survey on Working From Home during the pandemic.

1,932 people from 36 countries took part in the survey.

Here is what we found out and how we can help.

Working from home: the impacts



Better sleep



Feeling physically well



Not eating healthy



Increased body weight



Feeling isolated

[READ THE REPORT](#)

How we can help

Did you know that you have access to [HealthSteps](#), a free coaching app?



- ✓ Meal plans
- ✓ Fitness tracking
- ✓ Activity Challenges

[FIND OUT MORE](#)

Source:

Global Survey on Working from home. conducted independently by Wrkit in March 2021. Results based on 1,932 respondents from 36 countries.