Mandatory exercise at the office, Sweden’s latest craze

**瑞典最新熱潮：辦公室裡的義務運動**

Workers spending their lunch break at the gym may be commonplace in most Western countries, but in Sweden some employers are pushing the idea even further, making on-the-job exercise compulsory.

Every Friday, employees of fashion and sportswear retailer Bjorn Borg leave their desks at the company’s Stockholm headquarters to get their weekly workout at a nearby gym.

There is no getting out of it：for more than two years the company founded by the Swedish tennis legend has made **on-the-job** exercise mandatory at the initiative of chief executive Henrik Bunge, a 44-year-old built like a wrestler.

"If you don’t want to exercise or be a part of the company culture, you have to go," says Bunge, without **batting** an eye. So far no one has quit because of the requirement, he adds.

The main aims of the policy are to boost productivity and profitability while fostering **camaraderie** in the work force.



【WORD BANK】

on-the-job：形容詞，工作當中的；在職的。

bat：動詞，眨（眼）

camaraderie：名詞，友誼。

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