



Global Wellbeing Report

lululemon has released its first-ever Global Wellbeing Report, advancing the Company’s commitment to advocate for wellbeing—enabling holistic wellbeing through movement, mindfulness, and connection.

The **Global Wellbeing Index** currently sits at **65**, indicating a moderate level of feeling well on a spectrum of weak to strong wellbeing.

65

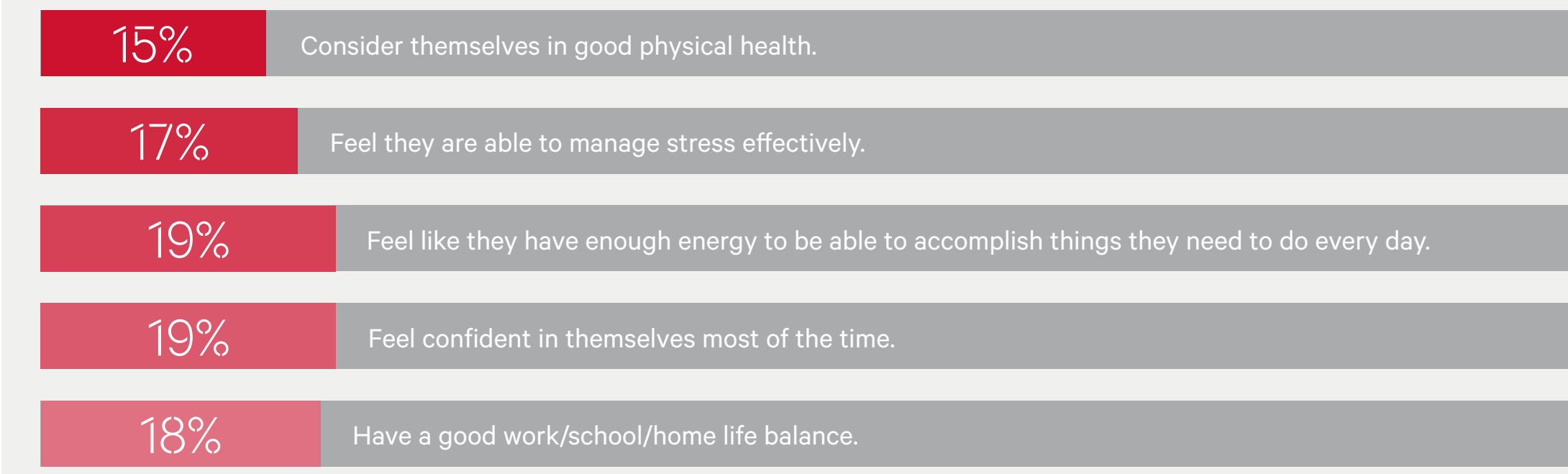


The state of global wellbeing exposes the paradox of people saying they feel “fine.”

29%

Despite a moderate Index average, **only 29 percent indicate strong wellbeing** across all three dimensions - physical, mental and social - that make up the core of being well.

An examination of performance against the top five drivers of strong overall wellbeing reveals a critical need to improve:



Optimism for the future is on the decline.

40%

Only **40 percent of people feel optimistic about the future now**, compared to 59 percent who felt optimistic about the future a year ago.



As optimism declines, the importance of wellbeing is on the rise: **half of global citizens expect to increase focus on physical and mental wellbeing this year.**

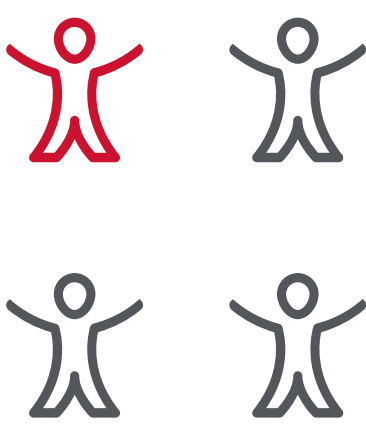
86 percent report barriers impacting their wellbeing—with key inhibitors including:



Gen Z has the lowest wellbeing among generations.

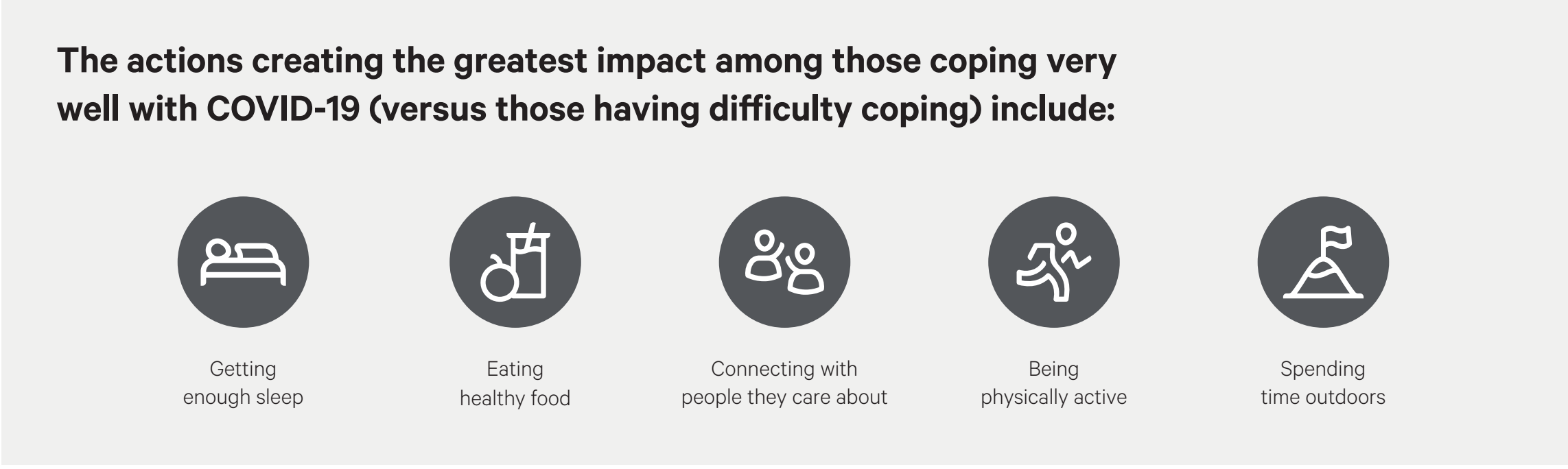
92%

More Gen Zs (92 percent) report facing barriers that impact their wellbeing – including stress and a lack of time, money, knowledge and resources – than any other generation.

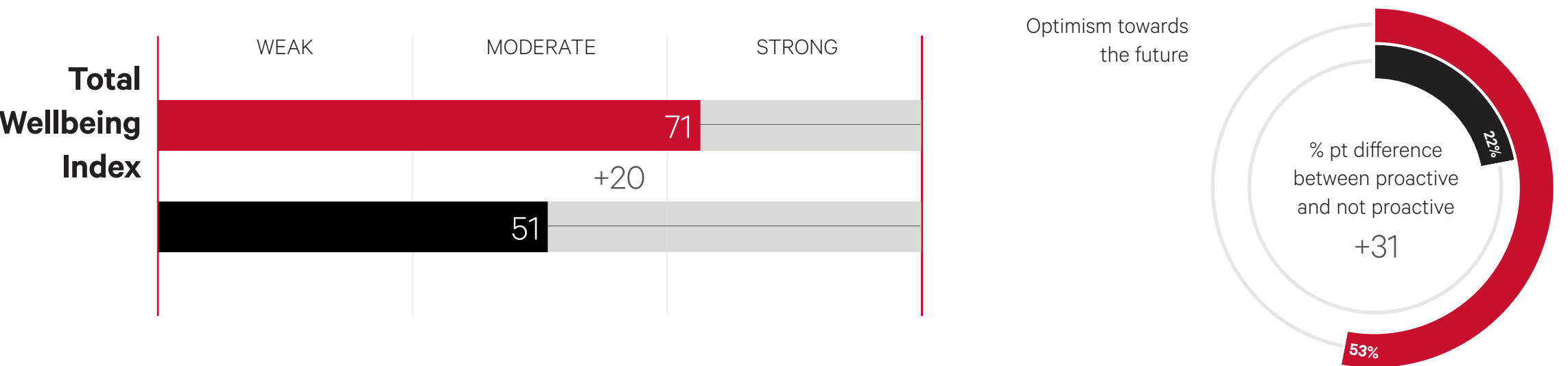


One in four Gen Zs are deeply affected by issues including COVID-19 and racial injustice – creating a barrier to their mental wellbeing.

A holistic approach and proactive mindset catalyze stronger wellbeing and optimism.



The study reveals that **a proactive approach to personal development drives stronger wellbeing and a more optimistic view toward the future.**



Employers must do more to support being well.

15%

There is an opportunity for employers to support better time balance and stress management. Only 15 percent of those employed strongly agree their employer offers resources that support their overall wellbeing.