

Iululemon 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.



WEAK STRONG

# 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:

15%

Consider themselves in good physical health.

17%

Feel they are able to manage stress effectively.

19%

Feel like they have enough energy to be able to accomplish things they need to do every day.

19%

Feel confident in themselves most of the time.

Have a good work/school/home life balance.

#### 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:





Responsibilities





Support Network

42% Health

Conditions





### 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.



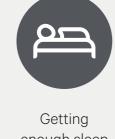


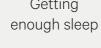


One in four Gen Zs are deeply affected by issues including COVID-19 and racial injustice – creating a barrier to their mental wellbeing.

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

The actions creating the greatest impact among those coping very well with COVID-19 (versus those having difficulty coping) include:







Eating healthy food



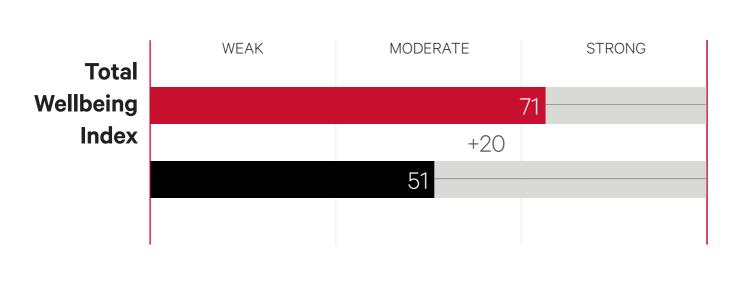
Connecting with people they care about

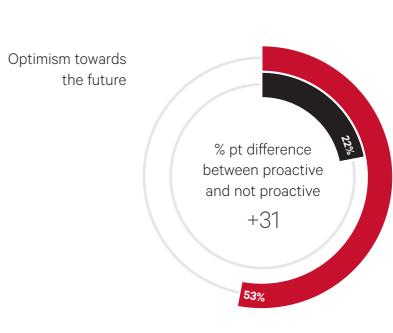


Being physically active



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.

