



Active Workplaces across Essex

Wednesday 12th January
12:30 - 1:30pm

Find Your Active – Workplace Edition

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Why the Find Your Active – Workplace Edition?

- **436,400** of Essex, Southend and Thurrock Adults are inactive.
- The Launch of the 'Find Your Active' campaign in August 2021 has encouraged more Essex residents to find ways to get moving that suits them.
- Importance of Employee wellbeing has been highlighted now more than ever due to: The changes to ways of working and Covid effects e.g. long covid and lockdown impacts



What the research tells us:
Keeping active has been shown to boost mental health, enhance immunity and aid concentration meaning a healthier, happier and more productive workforce with improved morale and better performance.

The Building Blocks to Creating the FYA-Workplace Edition

Capability

Ensure there is education/training and have practical steps a workplace can take

Opportunity

Use of activity sessions, volunteering days, breaks, commutes.

Motivation

No cost to workplaces, Prizes each month for teams/individuals taking part

Understanding the current challenges and successes

Having conversations with employers and employees to what is working or what is missing

Increasing access to existing support


Raising awareness of what is available for workplaces now

Creating a Partnership

Working with Essex Wellbeing Service and Mid Essex CCG

What you can take part in this January



**Find Your Active**
2.1K subscribers

[HOME](#) [VIDEOS](#) [PLAYLISTS](#) [COMMUNITY](#) [CHANNELS](#) [ABOUT](#)



Core & Stretch with Gabriel I Session 1

Find Your Active • 19 views • 3 weeks ago

DISCLAIMER: 'Please ensure that you undertake a Warm Up before this session begins and finish with a Cool Down at the end of the session too. Before proceeding with this activity check that...



NEW Steps Challenge!

Walk 3000 steps a day for 6 weeks



www.gojauntly.com

FIND

YOUR
ACTIVEWORKPLACE
EDITION

SUN

MON

TUE

WED

THU

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SAT

JANUARY 2022

1

Set a new goal for the month ahead



2

Spring clean Sunday! Try 4,000 steps with 30mins of cleaning



3

Schedule in one wellbeing break, each day, for the rest of the week

4

Try this quick 5min stretch and mindfulness session with Rosie [here](#).

5

Mid-week energiser. x10 sit to stands, x20 slow knee ups, 30s arm circles, x20 wall or desk push ups

6

Find Your Active with Gabriel by taking part in a core and stretch session [here](#).

7

Friday Fun! Play some music at work or whilst at your desk, we're sure you'll be dancing in no time

8

4pm: Create your miracle morning 45min talk with Jo. Attend the Zoom [here](#). Meeting ID: 897 725 1397 Passcode: 2pPten

9

A Sunday morning walk with friends or family. Take a look at [Explore Essex](#) to find your nearest park

10

Schedule an active audio only meeting this month, with a colleague or your team

11

Take an active lunch. Step outside for some fresh air or try a 15 minute stretch session with Leila [here](#)

12

Attend 'Active Workplaces across Essex' webinar event [here](#)

13

Try an activity at your desk, perhaps 15min seated yoga with Stuart [here](#)

14

March on the spot whilst taking a call or on a meeting today.



15

4pm: Create your miracle morning 45min talk with Jo. Attend the Zoom [here](#). Meeting ID: 897 725 1397 Passcode: 2pPten

16

See what opportunities are available near you. Visit our Find Your Active activity finder [here](#)

17

Have a 'not so blue Monday'. Try a [breathing and focus session](#) with Sarah.

18

Connect with nature. Step outside and share your photos with us using #FYAatWork

19

Mid-week energiser. x20 squats, x15 calf raises, x20 side stretches, 30s arm pulses

20

9am: Join a live Move and Stretch session with Active Essex by joining the Zoom [here](#)

21

Friday Fun! Join Mr Motivator's Daily Dozen activity [here](#)

22

Swing Dance Saturdays: try this [beginner friendly session](#) with Jeff!

23

How many steps can you do today around your local area?

24

Actively travel to work or try a fake commute to increase your daily steps



25

Try a 9min strengthen your body workout with Chloe [here](#)

26

Mid-week energiser (grab a couple of tins!) x20 forward lunges, x30 bicep curls, x15 arm raises, x20 squats

27

Explore the free Find Your Active YouTube channel.



28

Set a weekend activity challenge with a colleague

29

Want to try volunteering? Why not volunteer at your local parkrun. Sign up [here](#)

30

4pm: Create your miracle morning 45min talk with Jo. Attend the Zoom [here](#). Meeting ID: 897 725 1397 Passcode: 2pPten

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Did you reach your goal? Set a new goal for February!



Follow along workouts



Online events

February
'Creating an Active Workplace'

A 'how to' guide with implementing change and policies.
Walk leader training and Zoom activity sessions

March
'Active Together'

A gamification step challenge to take part in as in teams/workplaces

April
'Mindful Movement'

Opportunities to try holistic movement activities, focusing on mental health

May
'Walking Month'

A step and cycling challenge in the lead up to Ride London.

June
'30/30 challenge'

The return of 30/30 challenge and Opportunities across Essex to volunteer.

July
'Explore Outdoors'

Country Park activation, Go Tri Challenge with team activities in the run-up to Commonwealth Games.



How to engage and take part!

- Make sure to take part by signing up to receive the Newsletters.
- Help to champion the information and activities when talking to colleagues, friends and family.
- Think about how your behaviour might encourage others to behave in the same way...e.g. walking meetings, wellbeing/screen breaks.
- Tell us if you enjoy any existing workplace activities that work well or is there something you think is missing?
- We want to ensure we have continuous improvement of the offer, so make sure to feedback your thoughts and experiences throughout.



"There is no situation, there is no age and no condition where exercise is not a good thing. So anything that can be done to encourage – and to allow – people to take exercise is clearly a good thing." Prof Chris Whitty, England CMO. 2020

