

FIND YOUR ACTIVE

WORKPLACE
EDITION

SUN

MON

TUE

WED

THU

FRI

SAT

JANUARY 2022

1

Set a new goal for the month ahead



8

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

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

29

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



Follow along workouts



Online events

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

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.



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](#).

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](#).

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.

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

30

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



For full details on the January calendar and daily events, visit www.activeessex.org/find-your-active/workplace-edition/