



# FIND YOUR ACTIVE

WORKPLACE  
EDITION

SUN	MON	TUE	WED	THU	FRI	SAT
						<b>1</b>  Set a new goal for the month ahead
<b>2</b>  Spring clean Sunday! Try and accumulate 4,000 steps with 30mins of cleaning	<b>3</b>  Schedule in one wellbeing break, each day, for the rest of the week	<b>4</b>  Try this quick 5min stretch and mindfulness session with Rosie <a href="#">here</a> .	<b>5</b>  Mid-week energiser. x10 sit to stands, x20 slow knee ups, 30s arm circles, x20 wall or desk push ups	<b>6</b>  2pm CBT session with Provide TBC	<b>7</b>  Friday Fun! Play some music at work or whilst at your desk, we're sure you'll be dancing in no time	<b>8</b>  Miracle morning talk with Jo.
<b>9</b>  A Sunday morning walk with friends or family. Take a look at <a href="#">Explore Essex</a> to find your nearest park	<b>10</b>  Schedule an active audio only meeting this month, with a colleague or your team	<b>11</b>  Take an active lunch. Step outside for some fresh air or try a 15 minute stretch session with Leila <a href="#">here</a> .	<b>12</b>  Attend 'Active Workplaces across Essex' webinar event <a href="#">here</a> .	<b>13</b>  Try an activity at your desk, perhaps 15min seated yoga with Stuart <a href="#">here</a> .	<b>14</b>  March on the spot whilst taking a call or on a meeting today. This can be seated or standing	<b>15</b>  Miracle morning talk with Jo.
<b>16</b>  See what opportunities are available near you. Visit our Find Your Active activity finder <a href="#">here</a>	<b>17</b>  Have a 'not so blue Monday'. Try this <a href="#">breathing and focus session</a> with Sarah.	<b>18</b>  Connect with nature. Step outside and share your photos with us using <a href="#">#FYAatWork</a>	<b>19</b>  Mid-week energiser. x20 squats, x15 calf raises, x20 side stretches, 30s arm pulses	<b>20</b>  Join a live Move and Stretch session with Active Essex <a href="#">here</a> .	<b>21</b>  Friday Fun! Join Mr Motivator's Daily Dozen activity <a href="#">here</a> .	<b>22</b>  Swing Dance Saturdays: try this <a href="#">beginner friendly session</a> with Jeff!
<b>23</b>  How many steps can you do today around your local area?	<b>24</b>  Have an active travel day. Actively travel to work or try a fake commute to increase your daily steps	<b>25</b>  Try a 9min strengthen your body workout with Chloe <a href="#">here</a>	<b>26</b>  Mid-week energiser (grab a couple of tins!) x20 forward lunges, x30 bicep curls, x15 arm raises, x20 squats	<b>27</b>  Explore the free Find Your Active YouTube channel and try an activity you haven't done before	<b>28</b>  Set a weekend activity challenge with a colleague	<b>29</b>  Want to try volunteering? Why not volunteer at your local parkrun. Sign up <a href="#">here</a>
<b>30</b>  Miracle morning talk with Jo.	<b>31</b>  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/](http://www.activeessex.org/find-your-active/workplace-edition/)