
Workplace Newsletter

Vol II | January 2022

FIND

**YOUR
ACTIVE**

**WORKPLACE
EDITION**



It's been a busy first month of Find Your Active: Workplace Edition, with the January calendar and our launch webinar. With many more exciting ideas for the year ahead, read on to catch up on the latest and see what's coming up next!

Webinar Recording

Find Your Active: Workplace Edition officially launched on Wednesday 12th January via a webinar.

If you didn't manage to catch the webinar around 'Active Workplaces in Essex', you can watch the recording on our website [here](#), at the bottom of the page.

Competition

We know that to help inspire and motivate others, sharing stories and photos helps to encourage them to join in too and gives them their own ideas!

So for this month's competition, we want you and/or workplace to send in a short story of how you get active whilst working from home, or in the office, either to our email below or by tagging us in a post on social to be in with a chance to win some Decathlon Vouchers for you and your workplace.

Email: administration@activeessex.org
@ActiveEssex #FYAWorkplace



Walking Challenge

Why not give your workplace a focus by joining in the Go Jauntly walking challenge, to individually complete 3000 steps a day for 6 weeks through a new collaboration between Safer Greener Healthier and Essex County Council. You can sign up at the link below. Make sure to keep us updated how you get on!



You can find out more details by visiting our website [here](#).

Active Workplace: Baker Labels

We caught up with Essex Active Workplace 2021 winners Baker Labels, to see how they achieve an active workplace.

"As well as holding a weekly walking club to help boost motivation, we have a team in our local 5-a-side football league. With Covid-19 affecting work life, it was important to keep our employees connected through a virtual walking challenge from Brentwood to Tokyo ahead of the Olympics.

Since then, standing desks and an on-site gym support employee wellbeing further; helping to retain staff and have happier employees."

We wish the team luck with their upcoming Three-Peaks challenge!



YouTube Channel

Don't forget to utilise our Find Your Active channel, where you'll find over 250 sessions and activities to get you moving. Either take part before or after work at home, try out a 5 minute desk stretch during a break or perhaps organise a team Tai Chi session in the office! Explore more [here](#).

What's coming next?

Next month we will be bringing you some top tips and guides on how your workplace can get more active this year, with small changes and implementations! So stay tuned and keep spreading the word of Find Your Active: Workplace Edition.