
Workplace Newsletter

Vol III | February 2022

FIND

YOUR
ACTIVE

WORKPLACE
EDITION



WE WANT YOU TO JOIN IN THE March Big Team Challenge - Steps to Japan

We've got exciting news to share that we're holding a Big Team Challenge for workplaces in March to take part in Jewels of Japan. You simply need to get into your workplace team of up to 6, download the app or create your account on the website, creating a fun way to ensure you reach your daily step count.

The Find Your Active: Workplace Edition will hold a leader board for teams to contribute their steps in order to try walk around the jewels in Japan.

With prizes for the team who walks the furthest, as well as the team who most regularly contributes steps, we're sure this will keep you motivated throughout the month! So, without further ado, hit the button below to get all the information and to set your team up, ready for the challenge to begin on March 1st. Good luck! Join in [here](#):

A review from The Dogs Trust: "It was a great team building and wellbeing exercise and the team at Big Team Challenge were fantastic every step of the way" More reviews [here](#).

Email: administration@activeessex.org
@ActiveEssex #FYAWorkplace



Our Guide to an Active Workplace

Our Guide to an Active Workplace and its subsequent policy was released at the beginning of the month for employers, businesses, and team leaders to use to support staff wellbeing.

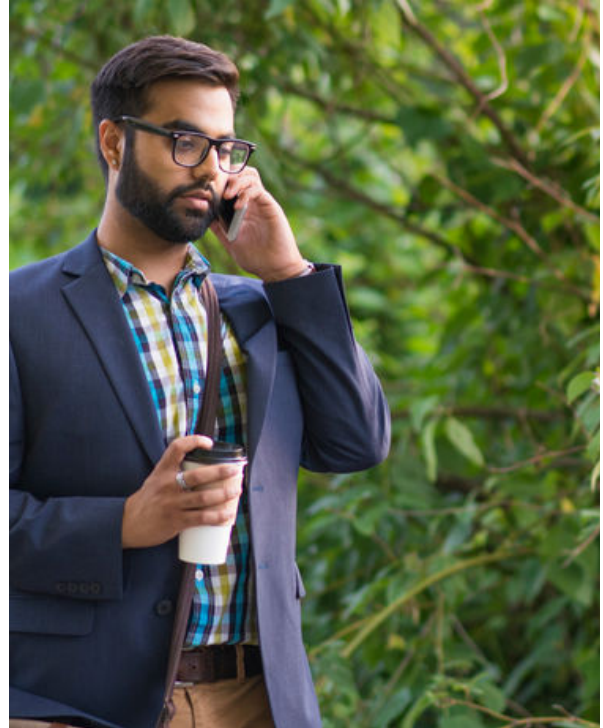
The documents set out key initiatives and methods to implement to change work culture, providing a framework that will help promote and encourage employee participation in regular movement.

If you're yet to download the guide and read the policy, [click here](#).

We would love to hear if you're beginning to implement changes or adopt the policy in your workplace or team. Please let us know how you're doing this, or if you need any further resource and support from Active Essex by clicking [here](#).



Walk Motivator Training



We think it's important to support workplaces and their staff to get moving, however that may look. Walking to keep physically and mentally fit has never been more important than it is now. Why not attend our Walk Motivator Training for Workplaces taking place on 24th February. Click [here](#) for more details.

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.