

Workplace Newsletter

FIND

YOUR

ACTIVE

WORKPLACE
EDITION

Vol V | June 2022



June has arrived and we have plenty of opportunities for workplaces to get active and healthy, especially in the outdoors. Make sure to give this newsletter a read to find out what is available to your workplace and how to get involved in the fun activities.

Eat, Move and Live Well

Eat, Move and Live well this Summer! Join like-minded individuals who want to eat well, increase their movement, and be healthier and happier.

The support offered through 'Live Life Connected' provides the tools and forums to help

find what works for you when maintaining a healthy and balanced lifestyle. If you're ready to make some changes and create long lasting habits then you can sign up to the support for free.

Click [here](#)

**eat,
move,
livewell**
...this summer! ☀️



This Girl Can X Strava

This Girl Can has joined forces with Strava to help you make a comeback to the activities you love. As part of the partnership, we're inviting you to join the This Girl Can Club on Strava and get moving again with the support of an amazing community of women. There'll also be an exciting 'Make Your Comeback' Challenge on Strava to motivate you to take that first step.

Join the This Girl Can Club on Strava
Click [here](#):



ReJuneVenate

Reset, recharge, Re-June-Venate. Get moving and boost your mental wellbeing in 30 days

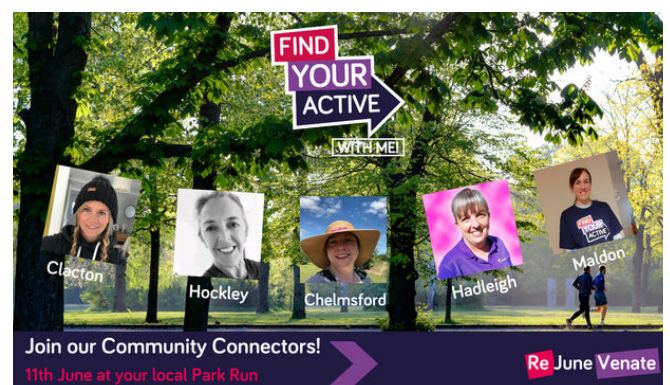
June marks the midway point of the year and gives us time to reflect and realign. No matter your activity level or what your goals may be, we have plenty of tips and resources, tailored to inspire and support you on your journey to positive physical and mental wellbeing. It's just about finding what's right for you!
Find out more [here](#)

Big Team Challenge



A huge congratulations to everyone who has taken part in the Big Team Challenge - Journey to the Queen's Jubilee!

It has been brilliant to see so many teams get involved in the challenge and into the competitive spirit. It has been a tight race to the top and today marks the end of the challenge, so we will be crowning the winners for 2022 very soon!



Heads Up -what's coming in June and July!

We have some exciting plans coming for the month of July celebrating the Commonwealth Games and implementing ways to get workplaces involved in summer activities!