

# FIND YOUR ACTIVE Workplace Newsletter

July 2023

WORKPLACE EDITION

## BIG TEAM CHALLENGE



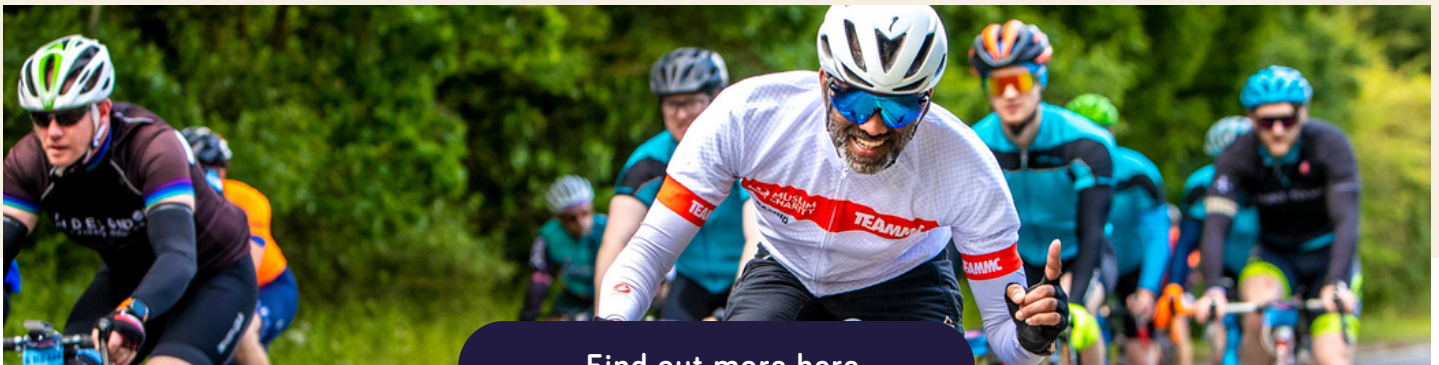
And finally, The Big Team Challenge finished on Monday 19th June, which saw 197 participants from 45 teams take part. On average 1,825,184 steps were walked every day and in total across the month 25,905.2 miles were covered. On our behalf, Big Team Challenge will be planting 39 trees, which is 1 for every 5 active participants.

A total of 24 teams exceeded the challenges mileage with both Trailblazers and DoLS Dollies#1 close to completing the challenge twice over.

## RIDELONDON-ESSEX, INSPIRING THE COUNTY TO GET ACTIVE

On Sunday 28th May, RideLondon returned to the county for it's second year, where 25,000 cyclists took to the streets of Essex to complete the 100 mile challenge. It was great to see so many local businesses thrive throughout the day and also hear how it has inspired many others to get out on two or three wheels! Why not get your workplace cycling?

Not only does integrating cycling into your business reduce pollution and enable your colleagues to take action against climate change daily, statistics show that commuters who cycle to work are healthier, happier and more productive - so there are tangible opportunities to drive organisational efficiency through active travel too



[Find out more here](#)

Email: [administration@activeessex.org](mailto:administration@activeessex.org)  
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## WOMEN'S WORLD CUP 2023

The Fifa Women's World Cup takes place in Australia & New Zealand this year and starts on Thursday the 20th July and runs until Sunday the 20th August.

Whilst you may not want to encourage colleagues to stay up and support their nations you could host an office sweepstake and some football inspired office activities.



[Find women's football opportunities here](#)

## PHYSICAL ACTIVITY IS FOR ALL!



It's important to ask the right questions about what employees want when it comes to physical activity, supporting them to find the activity that's right for them – whether that be at work, or outside working hours. As workplaces, we should be flexible and encourage employees to get moving at times that work for them.

Our Find Your Active activity finder has a library of activities taking place across the county, from aerial circuits and yoga to Nordic walking and bat and chat! We really believe there's something for everyone!

Make sure your workplace knows about it, and circulate the link

[Click here to find your active](#)

## LOVE PARKS WEEK

Love Parks Week gives people across the country the chance to shout about their wonderful green spaces. Whether it's walking the dog, picnicking with friends, or pushing our little ones on a playground swing, our parks give our communities, our children, and our pets a vital space to play, grow, and bond. With summer on the horizon, why not get your workplace down to the local park after work or during the lunch break for a friendly game of rounders, or perhaps take your meeting outside of the office and turn it into a walking meeting instead! The boost of fresh air will help re-energise staff and improve connections with colleagues.

[Find local parks and places near you](#)

## THANK YOU DAY - 2ND JULY

It is important to recognise and appreciate residents and individuals and to say thank you for everyone and everything that makes our communities great places to live in and stay connected!

Our neighbours and communities matter now more than ever, so this year, let's make a special effort to include people we don't normally see and meet someone we wouldn't normally say hello to.



Find a local, community event near you

## NATIONAL PICNIC MONTH - JULY

Now we are finally in the height of the summer season, we can certainly get outside and enjoy the weather more! With the sun shining, why not encourage a lunch break or after-work get together at your local green space with a delicious, fresh picnic?

Get each colleague to bring their favourite snack, keep the meals simple and just focus on the company! Sandwiches, finger foods, and beverages may seem plain, but it's more about spending time with each other and being outdoors in nature.



Discover local green spaces near you