

# FIND YOUR ACTIVE Workplace Newsletter

August 2023

WORKPLACE  
EDITION

## FIND YOUR ACTIVE FUND REOPENS



The pivotal funding partnership between Active Essex and London Marathon Foundation continues following the Ford RideLondon-Essex 2023 event.

Last year's funding partnership saw over 200 fantastic initiatives, sessions and programmes supported through the Find Your Active small grants programme, helping to inspire activity. Your workplace could access this funding!

[Read more here](#)

## CYCLE TO WORK DAY

The 3rd of August is cycle to work day. Cycling is a great way to improve your physical and mental well-being. It can also provide you the dose of serotonin to start your day right. Biking to work may also help you avoid the rush hour traffic and get you to work quick whilst also helping the environment. Here are some tips to help you with your cycle to work.

- Plan ahead and practice the route - there's nothing worse than guessing the route and ending up on the A12 on your bike so plan ahead and choose the safest route.
- Give yourself extra time - even though you may avoid your regular traffic jams, give yourself plenty of time so you can enjoy the ride at a leisurely pace.
- Don't forget your lights - even though we're enjoying the luxury of longer days at the moment, all it takes is a bit of overcast to make it harder for drivers to see you. So make sure you have lights on your bike/are wearing reflective clothing to make it easier for those around you.



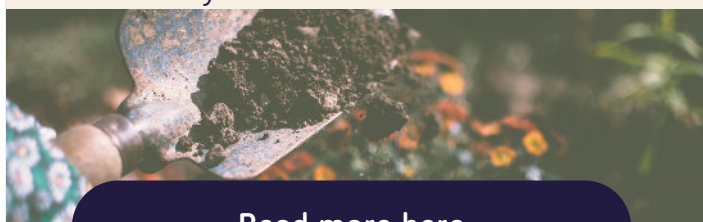
## SUMMER OF SPORTS

This year we have been treated to a great summer of sports. With The Ashes, Wimbledon, the Tour De France and The Women's World Cup on there has been many opportunities for your workplace to be inspired and take part in some activities. It's not too late to start either. You could use a water bottle as a cricket bat/tennis racket and a stress ball, ball of paper as a cricket ball/tennis ball to get competitive in the office. If you have the luxury of having a green area at your workplace you could even get outside on your lunch break and play some football with your colleagues.



## ALLOTMENT WEEK

National Allotments Week takes place across 7th-13th August 2023, and offers a great chance for us to highlight gardening! Not only is growing your own fruit and veg a great, and low cost method, it's a great excuse to get outside, and move! Gardening is a great activity for those living with a long term health condition, or for those of you that don't want to take part in intense activity.

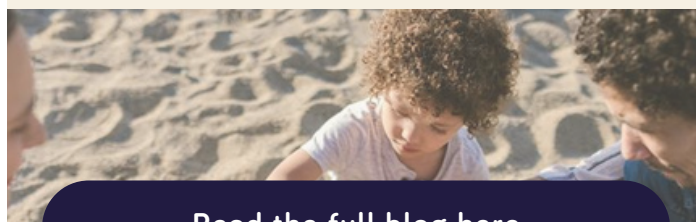


[Read more here](#)

## ESSEX ACTIVATE

With the summer holidays just around the corner, we understand the pressure parents face with keeping the children entertained across the six weeks break!

Essex ActivAte have put together some family-fun ideas of days out, local events and ways to #FindYourActive for little or no cost at all.



[Read the full blog here](#)

## SHIMMY AND MOVE WITH OUR 10 MINUTE WORKPLACE SESSIONS

Did you know we offer FREE 10-15 minute move it sessions for workplaces. Whether you want a lift before work to get you going or a 10 minute pick me up at lunch to set you up for the afternoon we have two brilliant instructors, Lindsey and Chloe that offer morning and lunchtime workouts for you to join.



[Click here to read more and sign up!](#)