

FIND YOUR ACTIVE Workplace Newsletter

September 2023

FIND YOUR ACTIVE FUND REOPENS

Did you know your workplace can access our Find Your Active Funding?

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

If your workplace has an idea or initiative to help get colleagues active that needs financial backing we have a small grants pot that might help you!

[Read more here](#)

MOVE MORE SEPTEMBER

This September, we want to encourage you to get moving more, whether that be taking a walk during your lunch break, stretching regularly at your desk, or trying a new activity after work with colleagues.

The benefits of increasing daily movement can have a really positive impact on your health and wellbeing, so starting small is the best way!



[Find Your Active here](#)

ESSEX HEALTH SERIES MENOPAUSE WEBINAR

Join us for our next webinar in the Essex Health Series.

Held on 19th September, you will hear from Dr Katherine Cole & Sarah Tyler around understanding the benefits of physical activity for symptoms of the menopause.



[For more details click here](#)



NATIONAL FITNESS DAY

National Fitness Day encourages the nation to celebrate the fun of fitness and physical activity across the UK. This year it will take place on Wednesday 21st September.

To celebrate the day, we will be holding a 15 minute livestream, low impact activity session with Chloe Townsend, on our Find Your Active YouTube channel.

So organise your team and get them together in a meeting room, or join us from your desk at home at 11am to re-energise you for the rest of the day.



INTERNATIONAL WEEK OF HAPPINESS AT WORK

From 25th - 29th September and beyond, we want all workplaces to get involved with International Week Of Happiness At Work and encourage more positive ways of working!

Happier employees are more involved, more productive, more cooperative, more creative, and more innovative - the perks are endless! You could try eating lunch as a team away from your desk or start an initiative to give more positive feedback?

[Sign up and get involved here](#)



WORLD CAR FREE DAY

Friday 22nd September is World Car Free Day. While cars are convenient and offer a number of benefits, they also contribute a dangerous amount of pollution, so having a day off comes highly recommended. It also provides a great opportunity to travel actively to and from work. If you're lucky enough to live close enough to walk then do so, dust off your bike in the garage and ride it. Or simply make the effort to park further away from the office and walk in from there!

