

APRIL 2024

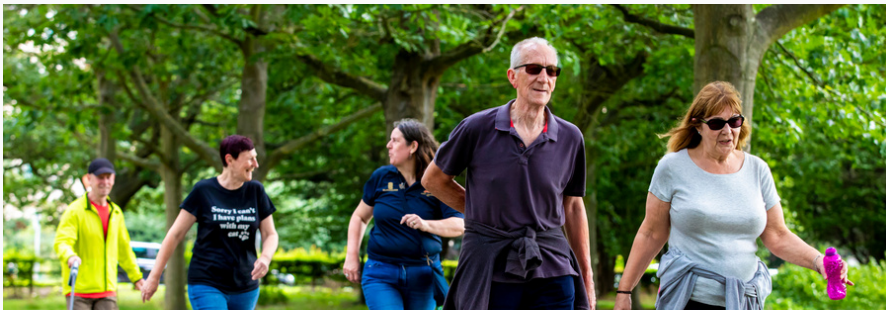
FYA WORKPLACE EDITION



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April's Find Your Active Focus - Getting Outside

On the 31st March, the clocks go back. This officially means the start of longer days and more daylight hours, presenting the perfect opportunity to get outside and be active.



Walk to Work Day - 2nd April

On this day we encourage you, if you can, to get your steps in and walk to work! If your commute is a little longer, why not consider parking further away from the office and walking in. Steps in the morning are proven to help increase productivity and brain function.

World Earth Day - 22nd April

On World Earth Day, help take action with the commitment to protecting the planet. Sustainable travel to work is a great way, including by train, by scooter/bike or even walking to work.



Easter Activities

With the easter holidays around the corner, they provide a great opportunity to get out with family members and loved ones. Visit Essex have put together some ways to get out and be active this Easter Holidays.

The offers include giant easter egg hunts to short obstacle runs for the whole family to enjoy. There is something for everyone with events advertised across the whole county.

Find something near you [here](#).





Stress Awareness Month

Creating the right environment for your staff and colleagues is vital to helping reduce the levels of stress faced on a day to day basis. April is Stress Awareness Month and is the perfect time to think about the health and wellbeing of those you work with.

Physical activity can be a great way to reduce stress levels, and someone's lunch break is the perfect time to fit this in. Encourage colleagues to take advantage of their lunch break and take part in short 30 minute workouts of one of our stretch sessions, or simply to get outside for some fresh air and get their steps in.

Mental Health UK have a dedicated page on their website with ideas and ways in which you can approach a colleague if you're worried for their mental wellbeing. Most people spend a considerable amount of time during the week at work, so make sure to check on those around you and support when you can.

[Read more here](#)



How to exercise during Ramadan

Continuing into the first week of April, Ramadan is the ninth month of the Islamic calendar. During this period, Muslims are encouraged to fast and to give to charity, to show kindness and patience and to strengthen their relationship with God. When it comes to taking part in physical activity this month, bare the following tips in mind:

- Plan your activity carefully and don't over do it!
- Lower the intensity that you're used to.
- Be mindful when you're choosing to workout around your daily meals.
- Choose nutritious, energy-rich foods when eat so you're properly fueled.

