

MAY 2024

FYA WORKPLACE EDITION



Step into Spring...

Now into the depths of spring where the evenings are lighter, the days are longer and the weather is warmer, May is a great time to start adopting smaller habits, helping increase light, daily movement to continue into the summer months. From daily stretches at your desk to gentle strolls during lunch, we know that finding the right activity greatly increases your chances of creating a new, sustainable, healthy habit.



Mental Health Awareness Week

This Mental Health Awareness Week, the focus is Moving For Your Mental Health. Throughout the week we will be signposting both partners and social media followers to our health pages and online fitness sessions. A range of ideas and tips on how to utilise movement and which activities to try will be highlighted as well as a young person focus relating to Active Essex Foundation's Sport and Youth Mental Health Project.



LOVE TO RIDE

During the month of Ford RideLondon - Essex, why not give cycling to work a go. Love2Ride offers an online forum in which you can join with colleagues/friends, upload your rides and take part in a bit of healthy competition by comparing the amount of miles you can complete.

If competition isn't your thing then you can use the forum as a means of keeping each other motivated!

Read more [here](#)





National Walking Month

May is National Walking Month and as we know, walking is one of the easiest ways to improve our health and stay connected with those around us, reducing loneliness and levels of isolation. This year to mark the event, Living Streets, the UK's walking charity are inviting you to discover the #MagicOfWalking and celebrate the many health and happiness benefits of walking and wheeling.

They've put together 20 tips to help you incorporate 20 minutes of walking into your day. From inviting colleagues for a lunchtime walk or taking a post-work stroll, how many #Try20 tips can you do during National Walking Month and how many can you take beyond?

Read more here



Ford RideLondon-Essex Big Team Challenge

The Ride London-Essex 2024 event presents a unique opportunity to promote physical activity but we know that cycling is only one form of getting moving more. To coincide with the event, we will be hosting a Big Team Challenge. Starting on Monday 13th May (00:01) through to Monday 3rd June (23:59) exploring the Wales Coast Path/Llwybr Arfordir Cymru.

As the warmer months approach, it is a great opportunity to encourage work colleagues and friends to get active by walking. By setting up teams, individuals can track their walking distances, fostering a sense of camaraderie and collective achievement. This initiative not only supports personal health and wellbeing goals but also contributes to environment with one tree planted for every 10 participants who actively take part.

To sign up you will need to follow the below instructions:

- Download the Big team challenge app, or input <https://activeessex.bigteamchallenge.com> into your browser
- If you completed a previous challenge, you would need to log out and then relog back in, ensuring that you add activeessex in the challenge address section.
- The code to sign up is RIDELDN24

