

JULY 2024

FYA WORKPLACE EDITION



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Summer of Sport

Over the course of the next few months we can expect an exciting summer of sport, with the T20 World Cup, the men's Euro's and the Olympics just a flavour of what's taking place. The sunshine and warmer weather provide a great opportunity for teams to come together and get active. At a recent team away day, we spent an hour giving two different activities a try. The team tried their hand at golf and paddle, which were new to most of the staff members and provided them an opportunity to try something new and bond with others.



Incorporating sport and physical activity into your work life is key to establishing a more productive workforce, and more importantly bringing everyone together. Use the upcoming months as the perfect time to get active as a team and try some new activities. Our #FindYourActive Activity Finder is host to a range of different opportunities across Essex, some of which being completely FREE!

[View our Activity Finder here](#)



Big Team Challenge Results!

Congratulations to the winners of our most recent Big Team Challenge! Led by a fitness instructors at Waterside Leisure Centre on Canvey Island, the team totalled 3,159,492 steps across the challenge.

To thank the rest of the team for taking part and contributing to the challenge, the team captain has brought her team medals for their achievement!





International Self-Care Day 2024

International Self-Care day takes place on the 24th July every year, this date being chosen due to the fact that self-care can be practiced 24 hours, 7 days a week. There are many ways in which we can practice self-care by using sport and physical activity. On this day why not encourage colleagues to take an hour out of their day for themselves. Whether you choose to practice some yoga, bake a cake or head out for a walk with the dog, making sure we look after ourselves is key to ensuring we're happy at work and being the most productive we can be. The National Institute for Mental Health offer a list of ideas in which you can look after your mental health.

[Read more here](#)



Bike Week Webinar 2024

As part of Bike Week 2024 (11th-14th June) Active Essex alongside partners held three webinars focused on cycling: Workplaces, Funding and Planning and Infrastructure. The workplaces webinar was aimed at local employees and employers, focusing on opportunities to support sustainable travel.

We had speakers from Colchester City Council, who discussed the work they have been doing in collaboration with local businesses and travel plans, and Essex County Council Sustainable Travel Team, who spoke about the Modeshift STARS scheme, as well as the Smarter Travel for Essex Network.

[Watch the webinar here](#)

