



## Calling all workplaces in Essex!



## FREE Workplace Virtual walking challenge

## Lakes and Mountains- 1<sup>st</sup> – 30<sup>th</sup> September 2025

We're thrilled to be partnering with Active Essex, who are funding the September virtual walk challenge.

- **Open to any Essex employer**
- **Unlimited teams of 6**
- **Easily convert activity into steps ... your dance class and DIY can all be counted!**
- **Sync your fitness tracker, phone or watch with the BTC App**
- **Check your progress against your team members, other teams and on the interactive map**

**Lakes and Mountains:** A delightful trail taking in six countries packed with some of Europe's best-loved and most beautiful destinations visited by millions every year. Stunning mountain scenery. Captivating cities and picturesque towns on the shores of crystal-clear lakes. What more could you wish for?



Starting at Mount Blanc, passing 19 iconic milestones including: Geneva, Zurich, St Moritz, Lake Como and ending at beautiful Lake Garda **covering a total of 1167km / 726 miles**

### Sign up Today!

<https://workingwell.bigteamchallenge.com>

Mobile app users should enter "**workingwell**" when asked for the Challenge Website address.



**Need help setting up a Workplace Wellbeing Strategy, would like Mental Health First Aid England training or NHS Health Checks? ... contact a member of the team today!**

