April 2018

You have a message from Wiltshire & Swindon Sport Workplace Challenge:

Get Up, Get Out, Get Active

The days are longer, the air is warmer and it's finally time to put your Winter coat away!

Hooray!

If you're searching for new ways to be active this Spring then look no further...

Couch to 5k

Public Health England have re-launched their famous ‘One You Couch to 5K’ app in partnership with BBC Get Inspired. The app supports you to get off the couch and running 5k in just 9 weeks. There's a choice of 5 trainers who will support and motivate you every step of the way, including Olympian Michael Johnson.

Michael Johnson says: "Even if you have never done any running before, Couch To 5K has helped hundreds of thousands of people get fitter and healthier... it might not feel possible at the moment, but you will be amazed at how quickly you can get into running".

Download the app
On your feet Britain

The On Your Feet Britain Challenge dares you to take James Brown at his word and convert 'sitting time' to 'standing time'.

Take part in the national day when workers across Britain unite together and participate in a variety of fun and simple activities to #SitLess and #MoveMore at work on Friday 27th April 2018.

National Walking Month 2018

Living Streets' month-long celebration of walking is almost here! During May they want to see as many people as possible give walking everyday journeys a go.

Check out their #Try20 tips to see how you can add a 20 minute walk to your everyday routine!

RunTogether

Find a RunTogether group near you
RunTogether group runs are fun, organised runs/jogs with other people, led by qualified group leaders. Group leaders are trained and insured by England Athletics.

Whether you're a complete beginner, an occasional jogger, or an experienced runner looking to challenge yourself, there are RunTogether groups to suit everyone.

Running sessions take place morning, noon and night, seven days a week. Search using your postcode to find the runs most convenient for you.

Join the Race for Life volunteering family

Whatever time and skills you've got to share, Race for Life have got the perfect role for you. Bring your energy, smiles and a passion to the party and let's beat cancer sooner together.

Whether you want to get stuck in helping at a Race for Life 5k, 10k, Marathon or Pretty Muddy event, there are over 300 events across the country to choose from.

~ Wiltshire & Swindon Sport Workplace Challenge

This message was sent to you by Wiltshire & Swindon Sport (White Horse Business Park,, Richmond House,, 1 Goodwood Close,, Epsom Road,, Trowbridge,, Wiltshire BA14 0XE) which is taking part in the CSPN National Workplace Challenge.