2018 Active Workplace Challenge

Want to challenge your office culture by being active during the working day?

We invite you and your colleagues to take part in the 2018 Active Workplace Challenge, an 8-week national activity logging challenge from 8th January to 4th March 2018.

Need some ideas?
- Host a walking meeting
- Park further away from your workplace
- Take the stairs
- Go on a lunchtime walk
- Try lunchtime competitions (e.g. Instant Table Tennis)
Why get involved?

The average UK worker spends more than 8 hours a day sitting down (whether that's at a desk or on the sofa) and 1 in 4 of us are doing less than 30 minutes of activity a week. This level of physical inactivity is having a detrimental effect on our health, causing 1 in 6 deaths in the UK (the same as smoking!)

There is no coincidence that exercise is often called the miracle cure! People who are physically active can reduce their risk of more than 20 chronic diseases, including a 30% reduced risk of depression.

Regular bite-sized chunks of 10 minutes of activity during the working day can help to:

- Improve mood
- Boost concentration
- Increase communication & team morale
Want to win a Go Ape! TreeTop Adventure?

Courtesy of Go Ape! the company with the highest total activity points will win a TreeTop Adventure for up to 10 people! Get out of the office and enjoy up to 3 hours in the trees with your tribe. Go Ape is giving you the chance to WIN a Tree Top Adventure for 10 people with a catered picnic lunch included. Enjoy 2-3 hours of Tree Top Adventures, wobbly crossings, Tarzan swings and zip-wires at Go Ape.

Get active and keep fit with your tribe up in the trees at Go Ape, tackling wobbly crossings and Tarzan Swings, or simply get outside and get down to your local park for a run. No matter what you do, do it as a team, and reap the benefits of teambuilding.
Encourage your colleagues to sign up so that your workplace can be in with a chance of winning!

Spot Prizes

If you log your activity during the Active Workplace challenge as part of the 8 week long challenge you could be in with a chance of winning!

Courtesy of Fitbit UK, each week of the 8 week Active Workplace Challenge a lucky participant will be randomly selected as the winner of either a Fitbit Charge 2 or Alta HR.
R.E.D January

R.E.D JANUARY is a movement helping to raise awareness and support for mental health, through the power of exercise.

What's the idea?

Simple: Run Every Day throughout January.

Whether you decide to run or walk your way through January, there are no rules. The aim is to get active every day and kick-start the year in the most positive way.

This is your chance to say, January's not blue, it's R.E.D.

If you have any questions or would like any support please contact: emily@wiltssport.org

Happy Logging!

~ 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.