March 2018

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

**Making every minute count!**

Workplace Challenge invited you and your workplace to move more and to join the 2018 Active Workplace Challenge. Over 8,000 employees from 600+ companies took up the challenge and added some bite size activity in and around their working day.

An impressive distance of 813,181 miles was tracked from 8th January to 4th March (the equivalent of flying to the moon 3.5 times).

The top activities logged during the challenge were walking, running and cycling.
Active Workplace 8 weeks Challenge

Results & prize winners

We were delighted to see so many people getting behind the challenge and adding activity to their working day with more than 255,000 activities tracked during the challenge. Congratulations to everyone for taking part, but a special congratulations goes to United Utilities our most active company in England with 6 million total activity points by 500 participants!

Please click here to see the full list of 2018 Active Workplace Challenge prize winners and the results.

Thank you to all our sponsors for donating prizes for the challenge including EMD UK, Fitbit UK, Go Ape!, Loop at Work and Walking With The Wounded.

Active inspiration

Hopefully you and your workplace have enjoyed being active as part of the Active Workplace Challenge. For active inspiration to keep you and your workplace moving throughout 2018 look no further than our partner offers, events, competitions and news/blog.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Company/Location</th>
<th>Points</th>
</tr>
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<tbody>
<tr>
<td>1st</td>
<td>Darren Page</td>
<td>Fish Brothers Renault (Swindon)</td>
<td>45,327</td>
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<tr>
<td>2nd</td>
<td>Elizabeth Penn</td>
<td>Public Health England (Porton Down)</td>
<td>21,062</td>
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<td>3rd</td>
<td>Karen Craddock</td>
<td>Defence Science and Technology Laboratory (Porton Down)</td>
<td>18,980</td>
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<tr>
<td>4th</td>
<td>Lucia Cook</td>
<td>Wiltshire Health &amp; Care (Berkhamsted)</td>
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<td>5th</td>
<td>Matthew Thomas</td>
<td>Bishop Crippings Preschool</td>
<td>10,747</td>
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Well done to Wiltshire's Leaders
9 ways to get active this spring ..

With warmer days and lighter evenings, now is the perfect time to be active outside. BHF Physical Activity Specialist Lisa Young offers ideas on how you can be active for 30 minutes on at least five days of the week.

Try building some of these outdoor activities into your day. Remember that every 10 minutes counts:

1. Go for a walk (or jog) in the park or woods, or along canals or urban streets.
2. Enjoy an after-dinner walk.
3. Take grandchildren or children on a treasure hunt.
4. Walk or trek, with a healthy picnic to finish.
5. Climb up a hill.
6. Cycle to work, or for fun with friends or family.
8. Play a game in the park: Frisbee, rounders or football.
9. Work out at an outdoor gym, where equipment can include bikes, cross-trainers and weight apparatus.

Visit our Calories Calculator to see how many calories you burn while doing different exercises.

Benefits of being active outside

Improved mood.
You burn more calories, because varied terrains and weather put different demands on your body than working out indoors does.
Helps you stay in shape and improves the health of your heart.
Boosts energy levels.
Helps you sleep better.
Boosts vitamin D, helping to prevent osteoporosis, or thinning of the bones.
Allows you to enjoy different scenery and get to know your local area.

New workplace toolkit to help employers turn around £60 billion annual cost to UK taxpayer due to ill health

The toolkit is part of a suite of employer-focused support and guidance that brings together evidence-based research and practical actions that can help support a healthier workforce, whatever the size of the business, or the sector it belongs to.

This latest one includes tips on how to encourage physical exercise and healthy eating in the workplace and how to create an environment that fosters this healthier thinking and action through more knowledge and training at all levels.

A lack of physical activity and poor eating habits leads to an unhealthy workforce. Around a third of adults in England are damaging their health through a lack of physical activity. In fact, one in four women and one in five men in England are defined as inactive, doing less than 30 minutes of moderate physical activity each week. This is costing the UK taxpayer over £60 billion per year. Lack of physical activity also significantly raises the risk of developing musculoskeletal disorders, which are the biggest cause of absence from work.

Employers have a responsibility to provide safe workplaces that do not damage an employee’s health and environments that support healthier lifestyle choices. Working in
partnership with employees, employers can take a positive, proactive, preventative approach to support weight management and encourage greater physical activity.

Could your workplace do more ... get in touch as we can help!

~ 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.