



June 2018

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

## Get active this summer

Summer is the perfect time to be more active.

Keep scrolling to discover opportunities near you this summer, as well as some new ways to fit exercise into your daily routine!



### Active 10

[Get started](#)

Did you know that walking briskly for just 10 continuous minutes counts as exercise?

A brisk 10 minute walk every day is a great excuse to get outside and improve your health. No gym memberships, no brightly coloured Lycra. Just 10 minutes and you!



### Go Row Indoor Power8 Sprints Gym Challenge

[Get involved](#)

Fancy your chances in a 350m indoor rowing race?

In the build-up to Bristol Harbour Festival, British rowing is running an indoor rowing challenge. The challenge is an individual 350m row or a team relay 4x350m (2 men, 2 women).

Jump on an indoor rowing machine, set the distance to 350m or 4x350m, row as hard as you can, and log your time to be entered into the prize draw.



## Race for Life - The Ridgeway Hike

[Find out more](#)

Saturday 7th July 2018

If you love walking in the great outdoors then this is the event for you. Take on 20 to 26 miles of stunning countryside. Walk alongside hundreds of other strong women. Raise valuable funds for research. THIS IS BEATING CANCER.



## Women's Soft Ball Cricket Festivals

[Find your Festival](#)

Whack some balls, bowl some balls, catch some balls. Run about a bit, laugh more than is good for you. Repeat.

Women's Soft Ball Cricket is about getting out and playing: maximum fun, minimum fuss. No pads, no hard ball, no heavy bat, no head-scratching rules. It's a game for absolutely everybody, no matter your skill level, fitness, or age. Playing time at Festivals is usually about two to four hours, so it never gets boring!

Turn up and Wiltshire Cricket promise you a warm welcome, a free T-shirt, free coaching, music, and food: basically all the good things about a festival with none of the grunge.



## NHS Fitness Studio exercise videos

[Get started](#)

Looking for some inspiration?

Take your pick from 24 instructor-led videos in the aerobics, strength and resistance, pilates and yoga categories. The workouts have been created by fitness experts Instructor Live and range from 10 minutes to 45 minutes in duration.

*~ 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](#).