
Workplace Newsletter

FIND
YOUR
ACTIVE

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WORKPLACE
EDITION



Summer is here and we have lots of ideas for workplaces to get active, energised and outdoors in the wonderful weather. Make sure to give this newsletter a read to find out what is available to your workplace and how to get involved in the fun activities.

You said, we've responded!

Sometimes it's easier to have kits you can hire to help get your workplace active! So, Find Your Active: Workplace Edition wants to offer you activity kits for your workplace to hire throughout the upcoming year. But in order to understand what it is that you'd like to hire and for how long, please complete this quick, short [survey](#) to tell us.



Email: administration@activessex.org
[@ActiveEssex](#) #FYAWorkplace



Another Big Team Challenge is coming your way!



Get your walking shoes at the ready! Working Well are challenging all Essex organisations to walk to the 7 host Commonwealth Games sites from 28th July to 8th August. Starting at Highlands House in Chelmsford and finishing in Birmingham, in time for the closing ceremony! Registration is now open! Use the link below to register yourself and your team: Register [here](#)

The Games Time campaign



In line with the Physical Activity & Wellbeing legacy ambition for the B2022 Games, which aims to “accelerate awareness and understanding of mental health and wellbeing issues”, NHS Better Health campaign has created an employee toolkit to get your workplace moving. Download the toolkit [here](#).

Daily Mile for everyone



You may have heard of the Daily Mile initiative that is adopted by many schools. Active Essex have made this even more accessible, by creating Daily Mile routes in lots of country parks. Why not organise walks with colleagues around the routes at lunchtime or for a meeting, or perhaps utilise the routes with your children during the holidays. Explore where they are by scrolling down this page [here](#).

Heads Up -what's coming in July and August!

We have some exciting plans coming for August celebrating the Commonwealth Games and ideas to get workplaces involved in summer activities!