

AUGUST 2024

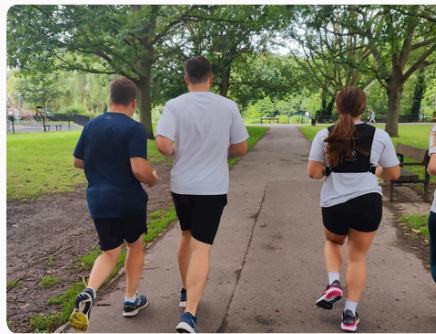
FYA WORKPLACE EDITION



WORKPLACE EDITION

Summer of Sport

With an exciting summer of sport currently underway, a nail biting Euros' final, a thrilling Wimbledon competition and the Paris 2024 Olympics currently gracing our screens, what better motivation is there to get outdoors and with colleagues and try something new. In our office we've recently created an Active Essex Run Club, where biweekly at lunchtime members of the team will head out for an easily paced walk/jog/run. The run distance can be changed depending on time available or the weather, but the key thing is is that people are getting outdoors and getting active.



Incorporating sport and physical activity into your work life is key to establishing a more productive workforce, and more importantly bringing everyone together. With the Olympics currently taking place in Paris check out our #FindYourActive Activity Finder where we currently have a unique Olympic filter, showcasing the activities in Essex on offer that you might see taking place in Paris!

[View our Activity Finder here](#)



Fenn Wright take on mammoth cycling challenge

Estate and Lettings Agents, Fenn Wright, recently undertook a mammoth challenge in aid of Cancer Support Suffolk. They cycled more than 100 miles throughout the day, starting at their Chelmsford office. Along the way they visited all the Fenn Wright branches, picking up other members of the team along the way before finishing at their Woodbridge office. This is a great example of organisations coming together to take part in physical activity for a good cause.





Cycle to Work Day 2024

The 1st of August is Cycle to Work Day 2024. Whether you're an avid cyclist or haven't got the bike out of your shed in years, why not consider riding your bike to work when you're in the office this week. It's proven that cycling is beneficial physically, mentally, financially and also environmental.

Cycling UK offer a range of ways in which you can cycle to work safely including:

- Use a cycle route planner
- Use an e-cycle
- Ask a colleague to cycle with you
- Don't book meetings first thing so you're not in a rush
- Try the route beforehand on the weekend

You can find more details about these tips as well as other ideas on the Cycling UK website below. Get your bike out and use two wheels to get to work.

[Read more here](#)



Workplace Zoom Sessions July-September

Our workplace zoom sessions calendar for July-September is live, with sessions from Monday to Friday at a range of different times throughout the working day there's something for everyone.

[Read more here](#)

