

JANUARY 2025

FYA WORKPLACE EDITION



New Year, New You: Setting Physical Activity Goals in the Workplace for 2025

As we bid farewell to 2024 and welcome 2025, it's the perfect time to reflect on our health and well-being, especially in the workplace. Here are some tips to help you and your colleagues set and achieve fitness goals:

Set SMART Goals:

Make sure your goals are Specific, Measurable, Achievable, Relevant, and Time-bound. For example, "I will take a 10-minute walk during my lunch break every day."

Incorporate Movement:

Find ways to integrate physical activity into your workday, like taking the stairs, having walking meetings, or doing light stretching at your desk.

Create a Supportive Environment:

Encourage a culture of wellness by setting up physical activity challenges, organising group exercise sessions, or providing resources about staying active.

Remember, the journey to better health is a marathon, not a sprint. Here's to a happy, healthy, and active 2025 in the workplace! 🎉

HAPPY NEW YEAR

From Active Essex

Our Essex Activity Awards 2024, Active Employer Winners

Congratulations to Estate and Lettings Agents, Fenn Wright on being crowned winners of our Essex Activity Awards 2024 winners.

They've held various challenges throughout the year, to help unite staff members, raise money for charity and to increase activity levels in the workplace.





RED January is a community charity initiative that warmly invites and welcomes people of all ages, backgrounds and physical abilities to set realistic movement goal for the month of January. So make your first move today by joining RED January 2025.



[Read more here](#)

Let's Beat Blue Monday Together

January 20th is often referred to as 'Blue Monday', the most depressing day of the year. In order to beat this. As a workplace, pledge that on the morning of the 20th, at the office, encourage employees to get moving for half an hour.

Whether you promote going for a walk outdoors or practicing some yoga in the comfort of their own home, getting moving on this day can fight the Blue Monday stereotype and boost staff's wellbeing, setting them up for the day ahead.



Join in the Festival of Winter Walking

The Festival of Winter Walking by Ramblers encourages everyone to embrace the colder season and enjoy walking. During this festival, Ramblers shares tips, routes, and stories to inspire winter walks. Whether it's discovering local Christmas lights, enjoying seasonal treats after a brisk walk, or boosting your mental health and well-being, there are plenty of reasons to get outside and walk this winter. Find more information on their website.



[Read more here](#)