

FEBRUARY 2025

FYA WORKPLACE EDITION



Give something new a go

With us already being a month in 2025, why not give a new and slightly different activity a try this year? The Find Your Active activity finder holds over 2,000 activity and sport sessions across the county, with many non-traditional options such as Pickleball, Aqua Zumba and Trampoline Fitness.



Alternatively, if you'd feel more comfortable to try an activity from the comfort of our own home before attending a class, check out our Find Your Active YouTube channel: <https://www.youtube.com/@FindYourActive>

#FindYourActive here

Race Equality Week

Race Equality Week is an annual UK-wide movement uniting hundreds of thousands of organisations and individuals to address the barriers to race equality in the workplace. This year it takes place from the 3rd to the 9th of February.

This year Active Essex will be making a series of pledges, promoting the resources that they have to offer over on our instagram @FindYourActive.

Take action and visit their website to find out how you can get involved.

Find out more



Apprenticeship Week: 10th-16th February

National Apprenticeship Week in February, recognises and celebrates accomplishments of apprentices, so we wanted to highlight the incredible work of Coach Core as a programme again. The initiative is based all over the country, with a cohort of employers and apprentices here in Essex, use the power of sport and apprenticeships to change the lives of young adults. Last year we wrote a blog about the initiative and it's impact on so many individuals and communities.

[Read more here](#)

Workplace Pledge

There is no better time than now for your workplace to make pledges to be more active as an organisation or as individuals. Whether you want to have more walking meetings or take part in more of our workplace challenges that we have to offer, there is no better way to seal the deal by signing up to one of our pledges.

We have created some assets for you to print out which can remind you of your pledges and can also be posted to your social media channels once you've decided on your pledges.

[Find our workplace pledge assets here](#) 