



Challenge yourself, your colleagues and other schools to be more active in 2015 and be in with a chance to win £500 of sports equipment for your school!

Starts 5 January 2015

Active Norfolk are pleased to announce the launch of the 2nd year of Workplace Challenge in Norfolk, in partnership with County Sports Partnership Network and British Heart Foundation.

'It was great to take part in the challenge as the members of staff could share their enthusiasm for physical activity with the staff and students. This was exciting as the challenge went on, and all staff could follow how well they were doing.'

After the challenge, we used the award money to fund equipment for our Sportshall Club, which one of the staff involved runs as an after-school club. She led the club to inter school competitions, and we were delighted that the Girls' team won the County Championship event in Sportshall last year, and the equipment purchased will enable the club to keep training and learning.'

Rick Stuart-Sheppard - Headteacher at Brundall Primary School

Challenge yourself – Do you want to set yourself a challenge in 2015 to become more active? Use the Workplace Challenge website to create your own private activity target and monitor your progression throughout the month, year or whatever timeframe you choose. Alternatively challenge yourself to achieve the Chief Medical Officers' recommendation of 150 minutes of physical activity per week.

Challenge your colleagues and other schools in Norfolk – Sign up to Workplace Challenge and enjoy some friendly competition with your colleagues and other schools in Norfolk, through the Workplace Challenge leaderboards, to see who can build the most physical activity into their day. The challenge is a great way to motivate yourself and your colleagues in the New Year, create good morale, improve your energy and stress levels as well acting as a positive role model to your students.

Win prizes – To launch the second year of Workplace Challenge in Norfolk, a national challenge will be starting on 5 January 2015. Log your levels of sport, physical activity and active travel over 8 weeks online. A £500 prize will be awarded to the primary school and secondary school who log the most points in Norfolk!

To sign up visit www.workplacechallenge.org.uk/activenorfolk