

8/12/15

Challenge yourself, your colleagues and other schools to be more active in 2016 and be in with a chance to win £500 of sports equipment for your school!

Sign up for FREE - Starts 4 January 2016

www.workplacechallenge.org.uk/activenorfolk

Active Norfolk are pleased to announce the launch of the 3rd 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 2016 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 for free 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, enjoy some banter, improve your energy and stress levels as well acting as a positive role model to your students.

Win prizes – To launch the third year of Workplace Challenge in Norfolk, a national challenge will be starting on 4 January 2016. 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 as well as individuals having the chance to winning great spot prizes each week they log activity!

Why should your school get involved?

There are many benefits of the **Workplace Challenge** to your school and your colleagues. So why not take the challenge and sign up **FREE** today.

Benefits to your school

The social aspect of the challenge will create fun in the workplace, increasing morale, team spirit and development of professional relationships.

There will be many other schools involved with the challenge allowing for you to track your activity levels against other organisations.

Benefits for your employees

Physical activity is well known to improve a person's health and fitness. However health is not just the physical improvements but also covers social and mental aspects too. By taking part in the Workplace Challenge you and your colleagues can improve your motivation, sleep quality, energy and stress levels, communication skills and develop better working relationships.

If active travel is logged then this will save some pennies post-Christmas on parking and petrol and help the environment by saving CO2

Most importantly though the Workplace Challenge is FUN!

For more information about Workplace Challenge, or to order some promotional materials to display in your workplace, contact Katie Tierney at Active Norfolk –

katie.tierney@activenorfolk.org or call 01603 731569.