

## Spring into Action Workplace Challenge

This May, workplaces from the greater Norwich area and Great Yarmouth are invited to take part in the Spring into Action Workplace Challenge. It's a fun and engaging way to support your employees with their physical health and mental wellbeing.

Employees will earn one BetterTicket for every walking, cycling and running activity they record via the BetterPoints app each week during the challenge (of at least half a mile). At the end of each week all tickets will go into a prize draw to win a variety of prizes ranging from £15 to £50!

A £100 donation will be given to charity as a reward to the workplaces who get the most amount of their employees taking part in the challenge. This will be scored over four size categories and based on percentage engagement of staff who log a minimum of one activity during the challenge to ensure organisations of all sizes have a fair chance of winning.

Active Norfolk have partnered with BetterPoints to use their free app to run this fantastic workplace challenge as part of the [Active Workplaces](#) programme and supported by [Pushing Ahead](#) Norfolk.

For further information and to register your workplace, visit [www.pushingaheadnorfolk.betterpoints.uk/page/spring](http://www.pushingaheadnorfolk.betterpoints.uk/page/spring)

