# Stay Active Challenge

Due to working from home, the majority of us are now less active than before. We no longer walk or cycle to work or walk from the bus or car park to the office. We no longer pop out at lunchtime to meet a friend or buy a sandwich. And we don't even get that bit of extra activity when you walk to the photocopier or to a meeting elsewhere. A recent survey of people who have changed from working in an office to working from home found that they are now on average half as active!

Being physically active is very important for our health and wellbeing. Physical activity helps us to cope better in better in times of stress, it helps us sleep better and is good for our physical and mental health. The recent physical activity guidelines published Chief Medical Officer said: "If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat.”

It is recommended minimum amount of physical activity for adults is a minimum of 150 minutes of moderate activity per week. That is a minimum, but the more you do, the more benefits you get.

For the next month, we are challenging everyone that works at **(enter business name)** to **Stay Active**. Open the attached challenge worksheet, it includes activities to get you inspired and tools for you to set goals and review your progress.

At the end of **(enter challenge end date)** email your completed form to **(enter email address)**, and let us know how you got on.

A good way to help keep your team active is to make is an agenda item on your regular team meetings. Go around the group asking each person how active they have been and what they have done. It’s a great way to share ideas and inspire each other to keep active.

Everyone who submits a completed challenge form will get entered into a prize draw to win **(enter details of prize to be won and maybe include a photo of the prize).**