

Civil Service

Active Wellbeing Week July 2-6 2018

Instagram Challenge

If you or your colleagues are on Instagram – why not join us for our Instagram challenge for Active Wellbeing Week! Each day is a new picture so get snapping and share your pictures!

#MondayMotivation

What motivates you to get moving? Share a picture of your motivation, or share something to motivate others to get moving too!

#Twosday

Exercise can be more fun with friends! Take a walk, hit the gym, or just simply get moving with a friend and share that image!

#WorkplaceWednesday

Being at work is no longer an excuse not to move! Light exercises can also be done in the office, on your commute, up the stairs or even using our Chairbics video! Share your workplace workouts this Wednesday!

#Thighsday

Time to get those legs moving and thighs burning! Many forms of sports and activity require leg work, from running, walking, cycling and even driving! How are you getting those legs moving?

#FlexFriday

With the week drawing to a close, now is the perfect time to flex those muscles! Alternatively, why not test your flexibility with a yoga or stretching class?

#SaturdayStroll

The weekend is upon us! Spend this weekend hitting the local park, taking a stroll around the block or getting out with your dogs/families/friends. Share a picture with us to show your favourite place to stroll!

#SundayFunday

The most important part of exercising is making it fun for you! Share a picture of your favourite exercise and how you make it fun!

Make your move with  CSSC
Sports & Leisure