

**It’s time to make your move with CSSC!**

The 2018 [**Active Wellbeing Week**](http://www.activewellbeing.me.uk/) is happening from 2-6 July and has been created to encourage civil service and public sector employees to lead healthier, more active lifestyles.

There'll be loads to look forward to during the week, including a nationwide ‘[make a pledge](https://activewellbeing.me.uk/pledges/)’ campaign, where you can make a personal pledge on how you intend to be more active. There are even prizes to win.

**Get involved**

There are a few ways that you can get involved and get inspired about leading more active, healthier lives through the Active Wellbeing Week.

* [Make a pledge](https://activewellbeing.me.uk/pledges/) about how you intend to get more active
* Download posters and other [support material](https://activewellbeing.me.uk/resources/) to help drum up support
* Share your involvement in Active Wellbeing Week on [social media](https://www.facebook.com/CSSCSportsAndLeisure), using the hashtag **#ActiveWellbeingWeek**

For full details and to make a pledge, visit [activewellbeing.me.uk](http://www.activewellbeing.me.uk/).

Active Wellbeing Week is being delivered by CSSC Sports & Leisure and CS Employee Policy (CSEP), designed specifically for employees in the civil service, with the aim of affecting change in the lives of thousands, by encouraging a healthier, more active lifestyle.

For more information on CSSC or to join, visit [cssc.co.uk](http://www.cssc.co.uk)

