

Civil Service

Active Wellbeing Week July 2-6 2018

Take on our Workplace Challenges

If you want to take boost workplace activity, encourage a little friendly competition or even enter our workplace prize draw but you don't know where to begin, why not use our ideas below to get you started!

Step Count Challenge

Create a step count chart to hang up in your office and encourage everyone to contribute towards a stretching but achievable step goal of your choice! We suggest that 50,000 – 100,000 steps is a great place to start but this is entirely up to you and the numbers in your office! Agree on your milestones, record your progress as a team and share it with us on Facebook!

Stair Climb Challenge

Did you know that you would need to climb 3,871 flights of stairs (58,070 steps) in order to climb the equivalent of Mount Everest? It may sound like a challenge but by teaming up with your colleagues it may just be possible! Get a group of you together and take on the challenge – but be sure to keep a log of how many flights you've completed!

Chairobics Video Challenge

Enjoying our chairobics video? Why not make it into a challenge? Go head to head with your colleagues, or team up and take on another floor/department to see who can complete the full chairobics workout the most number of times throughout the week.

Rowing Challenge

It's time for you and your colleagues to become 'seated champions'! If you and your colleagues have access to rowing machines, whether at work or at your personal gym, why not take on this challenge! Agree on a collective distance to row, or make this one a little more competitive and track your progress to see who can row the longest distance in a week.

Don't forget that by capturing your challenge and sharing this on our Facebook page, you could be in with the chance to win our workplace prize draw!

Make your move with  CSSC
Sports & Leisure