# Intranet messaging for departments

## For the run up to Civil Service Active Wellbeing Week 2019

To help improve our physical and mental health and to encourage more active lifestyles, CSSC Sports & Leisure and CS Employee Policy (CSEP) are launching our 2nd annual Active Wellbeing Week. This takes place between 1/7/19 and 5/7/19.

“*Looking after our physical health is an essential part of looking after our mental health and wellbeing. The week provides a host of events and opportunities to reinforce that keeping active in our daily lives and having fun at the same time is also good for our mental health. Please make a pledge for the week and keep it going throughout the year.*

*Good luck!”*

Jonathan Jones, Civil Service Health and Wellbeing Champion

[Active Wellbeing Week](https://activewellbeing.me.uk/) 2019 willinclude a series of initiatives to help the thousands of civil servants across the UK to be more active and make positive changes to their physical and mental wellbeing.

As part of a nationwide [make a pledge](https://activewellbeing.me.uk/pledges/) campaign, individuals can make personal pledges on how they intend to be more active, both during the week and hopefully beyond. If you sign up to make a pledge, you will automatically receive a **free one day gym pass** courtesy of Hussle AND automatically entered into a prize draw to **win holiday vouchers worth £2,500**.

Why not make a [pledge today](https://activewellbeing.me.uk/), and make the first step to improving your wellbeing.

[**DN: departments to add details of planned activities]**

## For the start of the 2019 Civil Service Active Wellbeing Week

As Civil Service Active Wellbeing Week 2019 gets underway, consider making a pledge to increase your activity levels, or even try a new activity. You may find something new on the [Active Wellbeing Week](https://activewellbeing.me.uk/) website. Just a few small changes could make all the difference to your wellbeing.

We spend more time in sedentary roles than ever before, with long commutes and sitting behind a desk all day. The Department of Health and Social Care has dubbed inactivity as the ‘silent killer’, being harmful to our health and wellbeing. Following the NHS guidelines of 150 minutes of moderate exercise a week can have a huge impact on health, helping to prevent illnesses like heart disease and Musculoskeletal disorders. Taking part in some activity for just 30 minutes a day can also improve your mood and increase energy levels.

The [Civil Service Active Wellbeing Week website](https://activewellbeing.me.uk/) has lots of information to help make some small changes to your activity levels. Why not make a pledge to be more active and automatically receive a **free one day gym pass** courtesy of Hussle AND automatically entered into a prize draw to **win holiday vouchers worth £2,500**.

The Chair of CSSC, Philip Rycroft has blogged this week, please have a read for more information **[insert link to blog].**