



HM Government

“ Thanks to the
joys of exercise I’ve
never felt mentally
stronger ”

Sarah Mo

Allocations Operations
Manager, Home Office

London



Civil Service

Active Wellbeing Week July 1-5
2019



Make a **PLEDGE** to lead a more
active lifestyle and you could **WIN**



Simply visit **activewellbeing.me.uk**

Make your move with





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“ Exercise doesn’t need to be time consuming or expensive, look for easy hacks you can build into your day ”

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