

Civil Service Active Wellbeing Week^{July 1-5} 2019



Activate your office

During our lifetime, on average, we spend 35% of our waking hours at work. So it's no surprise that many of us feel there isn't enough time to look after ourselves.

But what if we could use that time at work more wisely. To consider our wellbeing and get active, while still performing our responsibilities? And what if, by looking after your wellbeing at work, you could make exercise and healthy living more fun and engaging? Sound too good to be true?

Then Try These Totally Terrific Top Ten Tips



Lunchtime walking challenge.

Add a bit of 'friendly' competition to a lunchtime walk. Organise into groups or even challenge a different department. Clock up the miles and create a league table.



Sign up sheets.

Ask your colleagues for their favourite activities. Organise and advertise around the office. Include all the workplace benefits of taking part and you may get some company support.



A healthy cookbook.

Ask for healthy recipes from colleagues and friends. Don't forget photos to bring the meals to life. Encourage your bakers/cookers to share their stories and bring in their wares.

For some great ideas on healthy eating and getting active go to
ActiveWellbeingWeek.me.uk.



Shared knowledge.

Ask your colleagues if they know an expert who would like to visit and present. Nutritionists, physios, chefs, trainers. Organise a room and set up a lunch & learn.



Set up a wellness board.

Designate an area for colleagues to post their wellbeing ideas. Recipes, exercises, finance tips, dog walking volunteers. Keep it fresh and email a monthly list.



Look for an office based stretch/exercise regime.

Consider your audience and time commitment. Perhaps arrange different times and days to include as many colleagues as possible.



Quiz and scavenger hunt.

Create a quiz and combine with active elements to get people moving. Start nice and simply and make as inclusive as possible. Consider a prize for added incentive.



Volunteering.

Does your company promote volunteering? If not, reach out to local good causes. Consider all the benefits to team morale to help get your senior team engaged.



Walking/standing meetings.

Introduce mobile meetings for informal catch ups. It shortens meetings, focuses the mind and if you're lucky enough to go outside can free up a meeting room.



Pledge and win with Active Wellbeing Week

Submit your pledge and try to keep the momentum going. If you exceed your expectations, try a different challenge every week or even organise a team event for some awesome office prizes.

Don't forget to post your action shots on twitter and facebook using **#ActiveWellbeingWeek** for a chance to win some pamper prizes for your office