

Civil Service
Active Wellbeing Week
July 1-5
2019



FIFA World Cup Workout

If you've been inspired by the fantastic football on display at this year's FIFA Women's World Cup. It's a fun and simple way to increase your activity, while showing your support, without breaking a sweat?



For half time you could always have a go at the **6 minute Chairobics exercise** or even try some keepie-uppies yourself to really get that blood pumping.