

# Staff May Fitness and Well-Being Challenge

Sussexsport, in conjunction with the Health and Safety and Well-Being office, are inviting teams from one area or department (teams to include a minimum of 5 up to a maximum of 10 people) to enter our commit to get fit challenge.

The aim of the challenge is to make a commitment to stay active for the month of May. We will be presenting the winning team with Dine central lunch vouchers or a massage therapist to come to your office for a day.

If one of your team feel inspired to write about your experiences then a prize of a three month gold membership or a £25 i-tunes voucher will also be given to the best blog.

In need of some inspiration? Try some of of the following:

- Participate in the annual boundary fun run/walk on 2<sup>nd</sup> May
- Sign up for one of our staff only yoga, Chi Gung or badminton courses
- Join one of our group exercise classes including Zumba, yoga, circuit training, spinning, mountain biking. Go to <http://www.sussex.ac.uk/sport/fitness/groupexercise> for a full list
- Take up Martial Arts and come along to a free club taster session in Judo, Integrated Martial Arts, Aikido or Shaolin Kung Fu. Further information can be found at <http://www.sussex.ac.uk/sport/activities/martialarts>
- Make a commitment as a team to collectively walk, run or cycle a set number of kilometres over a month.
- Commit to try a sport or activity you have never done each week

If you or your team members have never used Sussexsport before then we will happily send you a free 7 day trial pass which includes access to our group exercise programme. Just indicate on your application how many passes you require and names of those that require the passes.

Also, if you would like us to lead a team yoga class, relaxation class, spinning class, mountain bike session, trampolining session or organise a walk for the department during May then indicate interest in any of these when you sign up. We will do our best to accommodate your wishes and there will be no charge for any of these sessions.

Finally, if you are not a member of Sussexsport but would like to become one then we are offering a 20% discount off all new staff gold and silver memberships taken out during May.

To enter a team please contact Karen Creffield at [k.creffield@sussex.ac.uk](mailto:k.creffield@sussex.ac.uk) by 2<sup>nd</sup> May and write Commit to Get Fit in the subject line. Please state your department or area, the names of those participating and their contact details and the main contact for the team along with a relevant email. Remember to include the names of those that require a free 7 day trial pass and details of any team sessions you would like us to run for you. At the end of May we will ask you to submit a side of A4 detailing what you did and telling us about your experience. The most inspirational entry will be voted by on by members of the Sussexsport team.

For more information on any of the above, please call Karen directly on extension 3947.