

May Movement Challenge for Staff



Throughout May, the Staff Wellbeing Team will be running our annual 'Movement Challenge' in which teams of between 2 and 6 staff members can compete to win a prize.



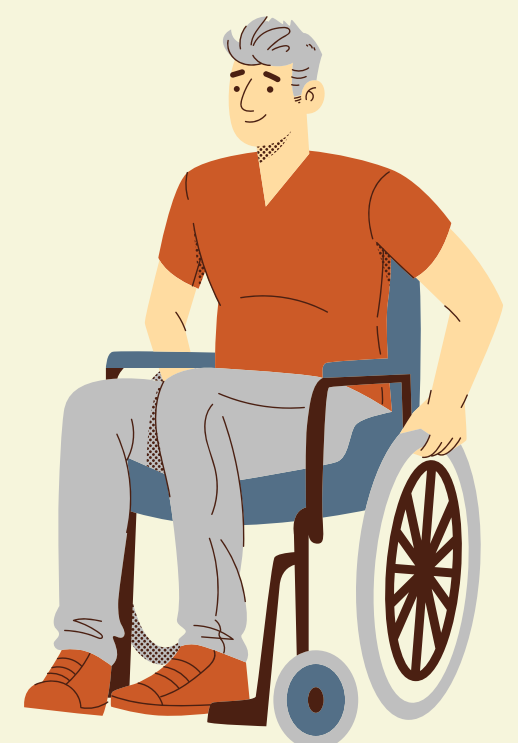
Teams will be aiming to complete as many steps as possible throughout May. If a team member is not able to complete steps, they will be able to log other activities (e.g., swimming, minutes of manual wheelchair use) and be included in the challenge .



Bonus prize
for best
team name!

How it works

Movement recorded both in and outside of work will count. Any type of pedometer or step recording software can be used to record your steps, but you will have to provide this yourself. If you have a team member who will need to record a different type of movement, let us know on the booking form and we will sort this for you.





If you would like to compete in the challenge, please follow the steps below:

- 1** Get into a team of between 2 and 6 staff members. All staff are invited to take part and staff members do not need to work in the same school or service to form a team. If you would like to take part but don't have a team, get in touch and we will find one for you!
- 2** Assign a team leader who will be responsible for recording each team member's movement at the end of each week of the challenge.
- 3** Decide on a team name. Remember there is a prize for the best team name so be inventive (and original)!
- 4** Complete the online registration form. Alternatively, you can collect a paper form from the main HR reception on level 6 of the Schwann Building. Complete the online form or return the paper form by Friday 12th April.
- 5** We will send each team leader a 'Movement Challenge Recording Form' which you will use to record the movement for each of your team members during the month of May.
- 6** The team leader will need to return their teams fully completed 'Challenge Step Recording Form' to staff.wellbeing@hud.ac.uk by Friday 7th June.

Once you have registered, we will send you reminders when you need to do anything, so you won't have to remember dates and you won't have to calculate anything yourself. So get a team together and sign yourself up to get active and for the chance to win!