

# HEALTH & WELLBEING UPDATE

A quick recap on our Health & Wellbeing achievements so far...



## What we did in 2014

### STEP CHALLENGE

September to November had us striding out daily for 10,000 steps. Those with UP bands are continuing the habit!



### FAMILY EVENTS

GoApe was the first of our events for the whole family and saw many of you braving the trees and learning to Segway!

### WILLO'S RETREAT

Our company lodge is really being put to good use, with almost all staff now booked in or a week in the Cumbrian countryside

## 2014

Focus on stepping and getting out from behind your desk



## 2015

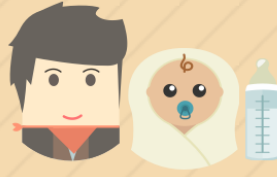
Focus on involving the whole family



## Health & Wellbeing Benefits Update



Anyone without an UP band and who will commit to 10,000 steps a day can request an UP Move and join those of us committed UP addicts



Westfield health cash plan will be extended to include Children's Cover for all staff from 1st August this year

## The plan for 2015

### STEP DUELS

A new feature of the UP App means you can now challenge one of your team members to a 24h, 3 day or 7 day duel - tactics are needed to secure a win!

### FAMILY EVENTS

The next will be on 26th July @ Rookin Hall Penrith - be ready to take on the Assault course and Team Challenge!

### GREAT OUTDOORS

Our focus for 2015-2016 will be to get everyone outside, so we are working on a new family gardening challenge - watch this space!