

# Health & Wellbeing Update 2016



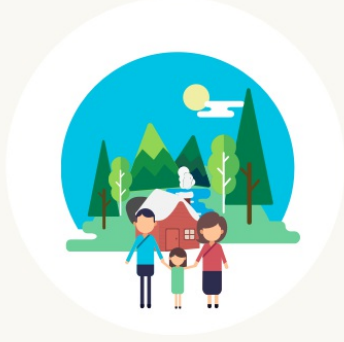
## National Walking Month - Just Walk!

- £520 pledged to the British Heart Foundation
- Just Walk challengers posted loads of great selfies on their weekly walk!
- The whole family got involved!



## We continue the 10,000 step target!

- UP24 fitness bands for all staff who want to participate
- 10,000 steps is the goal for fitness
- Challenges with colleagues and the family to get out and get stepping!



## Health & Wellbeing for the whole family

- Our lodge in the lake district for staff and their families has seen some superb weather this year!
- Our Crystal Maze Challenge saw the whole family involved and cracking BBQ (with salad!)

