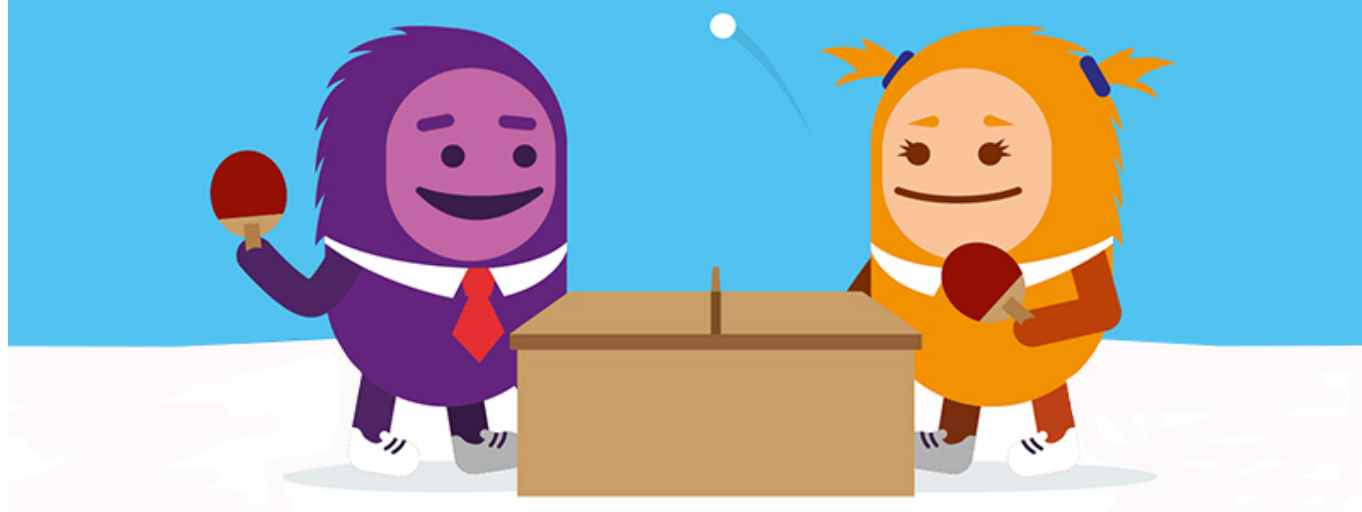


# SUPPORT YOUR COLLEAGUES IN THEIR STEPS TOWARD A MORE ACTIVE LIFESTYLE



## Make every minute count in 2018!

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Playing table tennis in the workplace could form part of a campaign to encourage Brits to be more active.

Alarming statistics show the average Brit sits down for 8.9 hours every day and one in four of us does fewer than 30 minutes of physical activity a week – contributing to around 131 million working days lost to sickness in England each year.

[Workplace Challenge](#), which brings together 30 County Sports Partnerships from across England to support and promote physical activity in and around the workplace, is tackling the issue head on with the launch of its latest campaign designed to break down the culture of a desk-bound lunch – and is offering a Loop table tennis package as a prize incentive.

**The 2018 Active Workplace Challenge runs for eight weeks from 8th January to 4th March 2018.**

The focus this year will be on bite-size chunks of activity, encouraging workers to step away from their desks and out of the office during the lightest and brightest part of the day. Sign up to the campaign and you can track physical activity online with the Workplace Challenge app or connect to Fitbit to earn activity activity points for your own profile and for your workplace.

Enjoy some friendly competition as you climb your national and local leaderboards. There's some great prizes up for grabs, including a Loop table tennis package for your workplace!

[Click here to find out more](#)

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