



30:30

ACTIVITY CHALLENGE

Interested in joining?

- Create a positive work environment that promotes good health & wellbeing.
- Challenge employee's.
- Improve physical & mental wellbeing.

Register your organisation for the challenge by contacting:

Info@wellbeing4business.co.uk

wellbeing4business
leading the business of wellbeing

- **Start date:** 6th April
- **Finish date:** 4th May
- **Aim:** Complete at least 30 minutes of exercise everyday for the 30 day challenge
- **What activity counts?** You decide what physical activity you wish to do each day.
- We will provide you with access to the specially designed Well 1-2-1 app to track your daily activity.
- **Who can take part?** Any level of fitness – but you must be over 18 years old.
- Share your challenge on social media #3030activitychallenge