

# 12 Month Programme Monthly Themes



Please use the monthly theme as a guide. It will be the responsibility of your business to decide upon how you achieve the monthly themes.

Each month will have a key theme that stems around improving mental health, physical activity levels or nutritional habits.

Each month will have a physical activity challenge and a nutritional challenge for teams and individuals from which they can gain points.

The monthly themes and related challenges are below. The monthly themes are ordered depending on relevant topics for the time of year or coordination with other health campaigns.

| Month | Theme                          | Why Theme  | Physical Challenge   | Guidance/Details  | Nutritional Challenge    | Detail  | Activity Ideas  |
|-------|--------------------------------|--|--|---|--------------------------|---|---|
| Jan   | Health and wellbeing           | Introduction to making your workplace healthy                              | Recruitment of Champions                                     | No points available   | Recruitment of Champions | No points available                                     | T&C complete<br>Champion Training   |
| Feb   | Try something new              | Resolutions fading away? Take part in the Do Something Different Challenge | New Activity Challenge                                       | Try brand new activities within the month that you have never done before | Cook Book Challenge      | Try new healthy recipes from those dusty cook books     | Fab Feb - Take advantage of what's happening in Reading in Feb                          |
| Mar   | Stress management & relaxation | End of financial year pressures  | Team members to take part in different relaxation activities | E.g. Tai Chi, Yoga, Pilates, Massage                                      | Caffeine challenge       | Introduce alternatives to reduce your tea/coffee intake | Relax - Have a go at fishing or book to see Stephen Hough at the Concert Hall 21 March. |

PLEASE NOTE: Programme may be subject to change.

## Take Up the Challenge!

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|-------|-----------------------------------|--|--|---|---|---|--|
| April | Self confidence                   | Don't let those April showers dampen your confidence!      | Take part in activities to build your confidence | E.g. karate, body combat, climbing/abseiling self-defence                     | Introduce new vegetables to your diet                   | Try new vegetables each week that you usually wouldn't                          | Fame Workshop<br>TBC   |
| May   | Family and friends!               | Planning your summer with your family and friends          | Take part in different Outdoor Team Games        | Use open space in Reading to play an outside sport e.g. rounders, frizbee     | Upping your Omega-3 through fish dishes or alternatives | Aim to have at least 2 portions of fish a week including a portion of oily fish | Take part in a host of activities during Reading's Children's Festival |
| June  | Get out of the car and be active! | National Bike Week - Get on your bike!                     | Active Traveller Challenge.                      | The goal is to incorporate physical activity to, during and from work         | Water Challenge   | Aim to drink 6 glasses of water each day  | Take part in Bike Week family activities                               |
| July  | Active parks - Love your park!    | Enjoy the great outdoors - Reading's Parks and open spaces | Active Parks and open spaces Challenge           | Be active outside in pleasant surroundings of Reading's parks and open spaces | Try new fruit each week                                 | Try new fruits each week that you wouldn't usually have                         | Family Rounders  |

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|-------|---|--|--|--|-------------------------|---|---|
| Aug   | Take a dip                                  | Summer watersports   | Take part in different water based activity sessions within the month        | E.g. Swimming, aqua aerobics, diving, canoeing, water polo, rowing | Smoothie Challenge      | Try a new smoothie made by yourself each  | Try a smoothie at The Hexagon, or try a rowing taster session TBC |
| Sept  | Motivation for the winter months...         | Setting individual goals for everyday activity             | Team sports  | Have a go at team sports e.g. football, lacrosse                   | Healthy Snack Challenge | Devise home made healthy snacks - Record recipe, and how often it replaces an unhealthy snack                               | Footy fun - Start of the football season                          |
| Oct   | Use your local sports & cultural facilities | Visit your local sports and cultural centres now it's cold | Take part in different organised sport and cultural centre activity sessions | E.g. Aerobics, circuits, personal training, gym sessions, swimming | Eat less salt           | Record how much salt is in your diet, aim for 6g a day  | Comedy Month - Laughter workshop.<br>Mental Health Month          |
| Nov   | Moderating & Moving                         | Keep moving - Use the stairs                               | Stair Challenge  | Limit the use of the lift - Increase the use of stairs             | Moderating your vices   | Identify your food, drink or health vice. E.g. Chocolate, alcohol etc.  |   |
| Dec   | Strictly fever                              | Join in with Strictly Come Dancing                         | Dance challenge  | Try new dance styles that you have never participated in           | Eating out healthily    | Keep a diary of food and drink consumed outside the home with the aim of picking healthier options when buying meals/drinks | Dance-a-thon ticket sale challenge<br>No points available         |

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