

Physical Health supporting mental health

Employer: Redcar & Cleveland Borough Council

Area: Walking Challenge

Theme: Physical Activity



Walking Challenge: Effective from 8th May 2023 – 11th June 2023

With mental health one of the biggest challenges ongoing throughout 2023, the health and wellbeing team determined that a walking challenge would not only a) benefit employees mental health but also have an excellent impact to employees physical health.

The challenge seen more than 100 employees take part, including a mixed of individual entries and a team approach. Photo's, feedback, reporting, evaluation was strongly encouraged and achieved!

The challenge was very simple – keep walking! Every little bit of walking helped the team or their individual scores!

All employees had to do was submit a weekly total of their steps per week!!

The purpose of the challenge far exceeded it's intention, with the feedback being amazing and continuing the walking habits outside of the challenge.

The motivation for a gorgeous healthy fruit hamper was on offer for the winners, the competition was fierce as well as the excellent team names!



"What a challenge, this got me walking much more than I ever did, at a time when I needed it too!"

The event was evaluated with excellent feedback, it achieved what it intended ... employees walking, supporting their mental and physical health! Over 15,000 miles were walked ... Wow! Well done RCBC teams and employees!

"I would definitely do it again, I enjoyed it!"

"It really forced you away from your desk during the working day. It pushed me to take a walk in my lunch. Something I don't always have time to do. It encouraged me to leave the car at home and take walks on an evening which was a great way to re-coup. I also enjoyed a little bit of healthy competition ?"

"I love walking but didn't do it as much as I wanted, this gave me great motivation to take this up more and will continue to walk as much as possible."

"I enjoyed the competitive element of the challenge which motivated me to walk every day. It was good to try and spur the team on when someone was struggling to get out and to share our success at the end of the week. I enjoyed the walking and being outside in the fresh air – definitely supported my emotional wellbeing! "



