



# Healthy body and mind - Claremont 500 challenge

**Employer:** Claremont

**Area:** North East

**Theme:** Physical Activity, Mental Health, Community support



Employee wellbeing and social responsibility have long been key priorities for Claremont, and during our wellbeing week and in recognition of Mental Health Awareness week (10-16th May), we combined these in a team challenge encouraging us to keep active and enjoy the great outdoors. In true style of living the Claremont values, we included support for our wider community too, by raising funds for mental health charity Mind as part of the challenge.

The last year has been challenging for many, and in the spirit of this, we invited our people to come together as One Team and take part in this challenge, addressing the importance of looking after both our physical and mental wellbeing. Our aim was to collectively (with Claremont friends and family) complete 500 miles (walking / running / cycling) in the space of a week.

***"Inspired by the challenge, I set myself a personal goal for the week to cover 10k each day – and managed to walk 73.93 kilometers! (employee)"***

Embracing the nature theme and to help us keep motivated, we encouraged our people to share their favourite nature pictures in Teams from their activities during the week. Despite our busy schedules, we had a great 69% uptake during the week (including the entire Leadership team), and together, with the help of family members and friends, our final tally was a very impressive 823 miles covered, with a massive £720 raised for Mind! What a fabulous result!

***"Thanks for organising, excellent, well done everyone (The Chairman)"***

***"Fantastic idea - it got the family involved and had a great time doing lots of walks with the great feeling of raising money for charity too! (employee)"***



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**"Great work from everyone this week (employee)"**

**"Please can you add a further 6 miles to the team total from the weekend run. Looks like we might make it! (CEO)"**

