

FUN ACTIVITIES to get you outside this Summer...



Life is more fun when we do things with others, so why not choose one of these ideas and organise a get together? Or get colleagues to buddy up so they can support each other and both benefit!

Having others to do activities with is highly motivating and also holds us accountable!

Why not try....

● Lunchtime walks:

- A gentle 30 min amble around the local area to stretch the legs and get some head space from work
- A 10 min brisk power walk after lunch and get your heart rate up



- **Take those meetings outside and walk and talk.** Studies show that exercising together creates a deeper bond that may lead to future better team collaboration

- **It's National Picnic Week in June!** Dining al fresco is one of the best parts of summer — especially when everyone shares the job of cooking. Organise lunchtime or after work picnics either out in the sunshine (UK summer permitting 😊) or in a sociable space at work.



Just throw down some blankets, chill the wine, and ask each person or team to bring their favourite dish or picnic food for a 'potluck picnic'. Need inspiration? See our picnic recipes.



Check out some surprising facts you may not know about picnics and share on the day!

<https://www.nationalpicnicweek.co.uk/facts.html>



- 'Foodie Friday' – sit down with colleagues for lunch on a Friday to ensure you take time away from your desk. Have some social interaction to start the weekend off on a positive note

Beautiful picnic spaces:

- National Trust:
<https://www.nationaltrust.org.uk/lists/perfect-picnic-spots>
- English Heritage:
<https://www.english-heritage.org.uk/visit/inspire-me/travel-guides/spacious-places>

- It's Pay Day! - Go out for 'Pay day' lunch at a local café or restaurant
- Use the summer evenings wisely – make the most of the lighter evenings and factor in some walking time – take your family or meet up with a neighbour or friend



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4552681/>