**Sample Announcement for Employees**

Dear Colleagues,

I'm delighted to announce that we're launching Active Teams across our organisation - an exciting new initiative to help motivate us all to live more active lives and achieve the NHS and WHO goal of 150 Minutes of Movement per week.

What is Active Teams?

Active Teams is an inclusive way to incorporate more movement into our lives. Whether you enjoy walking, swimming, cycling with friends, or training for marathons - every type of movement counts. The platform connects with Strava where the free mobile apps make it easy to track whatever activities work for you.

Why Are We Doing This?

Your wellbeing matters to us. Health experts recommend 150 minutes of moderate activity per week to maintain good health, but we know this can feel challenging alongside work and life commitments. That's why we're introducing Active Teams - to make movement more accessible, enjoyable, and part of our everyday working life.

This isn't about being the sportiest or the fastest. It's about us all finding ways to move that work for us.

What's Coming Up?

To kick things off, we'll be launching our first company-wide movement challenge on **[DATE]**. Details about how to join will follow and in the meantime, you can set up a free Strava account at https://www.strava.com/. This challenge is designed to be inclusive - all types of movement count, and every contribution matters.

Remember, this is about supporting each other to move more, regardless of where you're starting from. Whether you're already active or taking your first steps towards moving more, you're very welcome here.

We'll be sharing more details about Active Teams in the coming days. In the meantime, if you have any questions, please reach out to **[CONTACT NAME/TEAM].**

Let's move more, together!

Best regards,

[NAME]

[POSITION]