**Suggested Lounge Content for UNRVLD**

**Join the Active Teams Movement**

UNRVLD is joining Active Teams, a dynamic community of employees who are making regular exercise and movement part of their daily lives. You can join Active Teams today and discover how simple, everyday movements can enhance both your personal life and professional performance.

We want you to achieve the NHS goal of at least 150 minutes on moderate activity each week. From desk stretches to lunchtime walks, morning yoga to evening jogs - every minute of movement counts.

Join Active Teams, learn if you’re being active enough and win prizes in monthly challenges and competitions. Whether you're an experienced athlete or starting to explore a more active lifestyle, you can join in the fun from anywhere and anytime.

Ready to get started? Simply follow the steps below. Remember, this isn't about being the fastest or the fittest – it's about making positive changes that work for you.

**The Importance of Movement and Exercise**

The science is clear - regular activity not only makes us healthier and reduces our risk of illness, but it's also one of the most powerful tools for supporting our mental well-being!

Achieving 150 Minutes of Movement each week will significantly reduce your risk of the most serious illnesses including heart disease, Type 2 diabetes, cancers and neurodegenerative illness like Alzheimer's. You’ll feel more energised, positive and be able to live life to the max!

**Join the State of Mind Challenge for World Mental Health Day 2024**

This October, in celebration of World Mental Health Day, we're launching an exciting company-wide challenge called State of Mind. For every day you can achieve a 15-minute activity, you'll earn one State of Mind Point. If you can score 12 Points during the challenge, then you'll go into a prize draw to win some fantastic prizes! To join the challenge, follow these simple steps:

**Step One:** Join Active Teams, using code *activeUNRVLD*

Link: <https://activeteams>.co.uk/account/register

**Step Two:** Join Strava.com to track your activities. A free account is suitable.

Link: <https://www.strava.com/register/free>?

**Step Three:** Link Strava to Active Teams by clicking the orange Strava button on the Active Teams account page.

Link: <https://activeteams.co.uk/account>

If you need further help check out these instructions (Link: <https://activeteams.co.uk/welcome/unrvld/>) or contact [info@activeteams.co.uk](mailto:info@activeteams.co.uk)

It’s a good idea to check your Strava privacy controls (Link: <https://www.strava.com/settings/privacy>) and join your colleagues on the Active Teams community on Strava. (Link: <https://www.strava.com/clubs/activeteams>)