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NHS staff take up the Fit for '15 challenge

South Tyneside NHS Foundation Trust is one of only 15 Trusts throughout the country taking part in the Fit for '15 challenge to improve the health and wellbeing of staff.

It was chosen by NHS England because of its track record in helping employees to chart their progress in increasing their exercise through innovative use of social media.

Over the next two months, staff will tackle various physical activities – anything from running, walking, jogging, skipping and swimming, to cycling and dancing. Working as individuals or in teams, they will record online each challenge they complete. Whilst there is an element of competition and, in some cases, there are prizes to be won, the emphasis is on fun. By logging their achievements, participants are taken on a virtual world tour of winter sun destinations and, at each completed stage, they are given their next short or long-term target.

Andy Kane, head of health, safety and wellbeing, said: “We are always looking at new ways to help staff to improve their health and wellbeing so we were delighted to be invited to take part in this NHS Sport & Physical Activity Challenge project.

“The challenges are designed to be suitable for all staff, regardless of their physical abilities or work patterns, and to encourage participation in new sports, assist beginners to make reasonable progress and give the more athletic the incentive to push themselves.”

ends

Pictured above: South Tyneside NHS Foundation Trust health and wellbeing team members Steve Edmundson and David George geared up for a winter walk

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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