



ACTIVE WORKPLACES

Physical Activity Champions Training

OVERVIEW

As part of Wesports Active Workplaces programme, we can offer a training course to educate and motivate members of staff, to then be named as **Physical Activity Champions**.

As part of attending the 2 hour training session, Champions will learn:

- how sport and physical activity can improve their colleague's health and wellbeing
- how to motivate and inspire colleagues to improve their physical activity levels
- practical ideas, resources and sources of support to be able to implement physical activity initiatives within a workplace, or signpost workforce to clubs, venues and opportunities to get active

Champions can be recruited from any job role (they don't have to be from a HR/Health and Wellbeing background), and we would encourage you to nominate employees who you feel would be excellent communicators and motivators to encourage your workforce to increase their physical activity levels.

Your trained Champions will then help your organisation in promoting physical activity campaigns and messages amongst your workforce.

The training has been developed by the County Sport Partnership Network and the British Heart Foundation and is delivered locally by Wesport.

For further information about the Champion training please contact Lisa Wood on 07796 937413 or Lisa.Wood@wesport.org.uk

Length: 2 hours

Max Number: 20

Facilities required: meeting room (preferably with some breakout space for activity)

Cost: £400