

Ireland Active

National Fitness Day

27th September 2018

NATIONAL FITNESS DAY- WORKPLACE

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National Fitness Day is aimed at getting as many people active as possible on Thursday 27th September as part of the European Week of Sport (EWoS). EWoS is a great opportunity for everyone to promote and encourage all forms of sport and physical activity across Ireland and try some new activities.

Ireland Active believes National Fitness Day has the potential to generate interest in physical activity and fitness in local communities across Ireland. Our members will be celebrating the day by running FREE events at facilities including group classes, free swims and other free sessions.

Supported by Sport Ireland and Healthy Ireland, National Fitness Day is set to take Ireland by storm! Our ambassador Anna Geary, All Star Camogie Legend, recognises the benefits of being active and encourage people to use National Fitness Day as a chance to try the activity you've always wanted to try, [watch last year's video by clicking here](#)

There are many things you can do to involve your workplace on the day:

- Contact your local fitness facility to find out what free activities are running, maybe your team could sign up to a spin class or finish the work day with a yoga class. Find your local White Flag facility on the Ireland Active website.
- Organise a lunchtime walking group, sign up to the Get Ireland Walking challenge to walk at least 30 minutes each day for 21 days in a row! Visit www.getirelandwalking.ie for more details and to order your handy 21-day challenge card.
- Walk or cycle to work, if you commute by bus or rail why not get off at an earlier stop and enjoy some fresh air.
- Organise a work place challenge or charity event, contact your local facility to find out about available spaces (astro-pitches, sports hall) or maybe you have space outside your office. Activities could include 5-a-side football, rounders, plank challenge or a dance marathon!
- Have an important meeting on Thursday 27th September, arrange to meet outside the office to walk and talk and improve your health at the same time.

Let us know how you will be spending the most active day of the year and don't forget to encourage your colleagues to get involved and try something new!

More information can be found at www.nationalfitnessday.ie and follow us:

<https://twitter.com/fitnessdayIRL>

<https://www.facebook.com/NationalFitnessDayIreland/>

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