Let’s. Do. This. Again.

Healthy Week Heroes Needed

So much great work was done by our staff Heroes last year in encouraging friends and colleagues to consider their health and wellbeing, that we want to do it all again! Interested? Visit www.leeds.ac.uk/healthyweek for your Heroes pack!
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Join.The.
Dream.Team.

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Liz Chadwick from Great Food at Leeds organised a breakfast for her whole building, bringing everyone together to start the day right! Team breakfasts are now a regular monthly favourite in the FD building.

What could you do?

Encouraging your friends and colleagues to consider their health and wellbeing means offering something for everyone. It really doesn’t have to be about getting sweaty and working out! Our growing network of Healthy Week Heroes will share ideas and help you find something that works for your team. Visit www.leeds.ac.uk/healthyweek for your Heroes pack!
Kirsty Schofield from LUBS and Karen Cooper from IT teamed up to organise regular Hula-Hoop classes, bringing staff together, getting them active and having fun!

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Farhat Yaqoob in the International Student office swapped sweets for fruit and left ‘Leave Your Desk’ reminders before lunchtime walks.

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Karen Priestley from LCS arranged lunchtime walks, balcony gardening and an ‘un-refined’ charity bake sale. **What could you do?**

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Harriet Boatwright in the conference team organised an informal mindfulness session, where they reflected on things in their work and home lives that engender happiness, followed by an online mindfulness exercise. **What could you do?**

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Katy Gregg in the international student office is organising out-of-work socials, like laser tag and a countryside walk in Grassington. **What could you do?**

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