Shape

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Bulletin

We are committed to the health and wellbeing of all our staff, that is why we are supporting the Medway Can healthy lifestyle campaign.

Whether it’s walking to work to avoid the traffic jams or avoiding jam on your toast, we can all make smart swaps in our working lives because a healthier workplace is a happier workplace.

Just ask about the current health initiatives we already have or let us know how we can support you from sponsoring a run to providing more fruit around the office – we’re here to help!

We’ll be posting fun exercise ideas, delicious healthy recipes for any budget and encouraging people to take pictures to inspire others using #MewayCan

And remember to log your physical activity throughout the day - walking, running, even dancing - whatever you do to be more active share your activity at [medwaycan.com](https://medwaycan.com/)

Join thousands of people taking part in their health journey and be part of something bigger.

Let’s get Medway moving!