

No. 015/2020

Ref: DJ/ML

Date: 10 January 2020

TO ALL BRANCHES WITH BT MEMBERS

Dear Colleague

BT PERSONNEL - BT's 'Fit for Life' 2020 Challenge

BT's Health Safety & Wellbeing Team has requested that the CWU promote the 'Fit for Life Challenge'.

BT's Fit for Life team have created a new challenge for 2020 that involves 20 minutes of exercise for 20 days per calendar month between January and March to help employees build new, healthy habits.

Further details are given below:

- It's a 3 month challenge running from 2nd January – 31st March called F4L 2020 challenge
- It's an individual challenge whereby they are asking participants to do 20 mins of exercise for 20 days per calendar month January – March
- Although it's an individual based challenge participants can still invite friends and colleagues to take part
- From feedback in the past, participants have asked for longer challenges to help a habit to stick – hence the longer duration
- The challenge is open to all colleagues across the globe – not just UK based
- When participants register for the challenge they can chose to be entered into a monthly prize draw to win a £50 Amazon voucher. There will be 3 draws at random: one in January, then again in February and the final one in March. So the earlier they register for the challenge the more chances they have of winning
- Participants can back date and bulk load activity so no need to log into the portal everyday - they just need to keep a note of it somewhere safe and enter it when they log in.
- Once they've signed up, they will be sent a calendar invite reminding them to go into the system to record their activity throughout the duration of the challenge
- The portal will automatically send out:
 - A motivational mid-month email to participants who by the 20th of the month haven't done 20 days of exercise to encourage them to hit the target of the challenge

- At the end of month (anytime from the 20th – end of the month depending on when they hit the target) an email to participants who have achieved the 20 days of exercise to say well done etc.
- At the end of March, an email to participants who have met the full challenge (20 days exercise per month January – March) to say well done and congratulations
- At the end of March, an email to all other participants who haven't met the full challenge to say thanks for taking part etc.

The CWU has supported this type of initiative previously. Could I therefore ask that Branches circulate this information to members in their area.

Any enquiries from Branches regarding this LTB should be referred to my office in the first instance.

Yours sincerely

Dave Jukes
Assistant Secretary