

Workplace physical activity and sport programmes

2013

Two workplace physical activity and sport programmes were delivered in 2013: -

1. ***Sport Ireland's Physical Activity Challenge***

Offaly Local Authorities participated in Sport Ireland's second physical activity challenge. 60 staff members participated in four challenges: -

- *Cycle challenge* - 1,194km completed
- *Run challenge* - 899km completed
- *Swim challenge* - 10k completed
- *Walk challenge* - 2,048km completed

In support of the programme, information regarding local and national cycling, running, swimming and walking events were promoted among the participants.

2. ***Tullamore Harriers after work meet and train***

Following the success of the walking and running challenges as part of Sport Ireland's Physical Activity Challenge, an after work meet and train group was established in the Tullamore Harriers. 30 people participated on the programme.

Following the conclusion of the initial eight-week programme, the Tullamore Harriers have now incorporated the meet and train group into their programme of events for the year

2012

Sport Ireland's Physical Activity Challenge is a corporate challenge aimed at getting companies involved in motivating their employees to become more physically active throughout their work day. Offaly Local Authorities participated in the inaugural Sport Ireland Physical Activity Challenge in 2012. 90 staff members participated in four challenges: -

1. *Swim Lough Neagh (30k)* - Lough Neagh swum twice over (62k)
2. *Walk from Malin to Mizen Head (644k)* - walked from Malin to Mizen Head four and half times (2,776k)
3. *Run 25 marathons (1,055k)* - 35 marathons completed (1,480k)
4. *Cycle the Tour De France (3,479k)* - almost two Tour De Frances completed (6,568k)