



## ACTIVITY BOXES

A hand picked selection of practical equipment and educational materials for employees to reduce sedentary behaviour at work

Packages can either be bought for individual employees or for teams of workers. Pick and choose from a variety of products to go in your Activity Boxes, including:

- Educational leaflets and prompts
- Pedometer
- Resistance bands and suggested exercises
- Activity challenges
- Table tennis equipment
- Gym mats
- Hoola Hoop
- Skipping rope
- Variety of balls and sports equipment
- Swiss ball (gym ball)
- Desk-a-cise suggestions
- Branded stationery
- Discounts at local facilities

### EMPLOYER BENEFITS

- ✓ Provides employees with simple to use and safe equipment
- ✓ Risk assessment templates provided
- ✓ Can be used individually or within a team environment to encourage teambuilding

## EMPLOYEE BENEFITS

- ✓ Easy to use equipment, with simple instructions
- ✓ Equipment can be used in the workplace and at home
- ✓ Includes a mixture of equipment that can be used individually or together with colleagues as a fun breaktime activity

## COSTS

The cost of each individual/team box depends on what products you would like included and the quantity ordered - contact MSP for a bespoke quote.

## FIND OUT MORE

Contact MSP's Active Workplaces team on 0151 728 1811 or email [activeworkplaces@merseysidesport.com](mailto:activeworkplaces@merseysidesport.com)