

# MEDIA RELEASE

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## NHS teams “circle” the globe in health challenge

Teams from Leicestershire Partnership NHS Trust have walked, cycled and swam a distance almost five times round the world.

Those taking part in a “100 Day Challenge” between them clocked up 121,669 miles in the challenge, which concluded on the NHS’s 70<sup>th</sup> birthday last week.

The challenge was set up to encourage LPT staff to get active and to keep active. Teams of up to six were encouraged to support each other, and to compete in a fun way with other teams. Fifty-eight teams entered, with the best clocking up 5,257 miles between them.



Jude Smith, who chairs one of LPT’s health and wellbeing groups, said: “I think it is an amazing feat. I can’t believe how together we have walked almost five times around the earth in 100 days.

“Our staff had great fun doing it. Many of them roped family and friends into taking part in walks and cycle rides, and there was a great deal of friendly rivalry in our clinics, hospitals and offices discussing what each team had been up to.

“We are looking for further ideas which will help our staff to keep healthy both physically and mentally.

“All employers should be taking steps to look after their employees. As an NHS organisation we would like to set a good example.

“Some of us have taken part in walking meetings to help build physical activity into the normal working day.”

**Ends**

#### **NOTES TO EDITORS**

1. Leicestershire Partnership NHS Trust (LPT) provides community health, mental health and learning disabilities services for the one million people living in Leicester, Leicestershire and Rutland. We have a budget in excess of £275 million and employ approximately 5,500 staff. For more information visit: [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)
2. Raising Health is our registered charity (number 1057361) which raises funds to support LPT's excellent care initiatives, equipment and innovations which go above and beyond core NHS provision, to enhance the experience of our patients, service users and staff. [www.raisinghealth.org.uk](http://www.raisinghealth.org.uk) .