*This template letter is for ukactive members to* *contact their local MP and encourage them to join the Parliamentary Physical Activity Challenge this autumn. ukactive is running this challenge in partnership with Myzone to promote physical activity among MPs,* *Peers, and their staff. The challenge will run from 19 October to 16 November 2022 and will be a great way to demonstrate the benefits of physical activity to policymakers.*

*We also encourage you to edit this letter to make it relevant to your existing relationship with your local MP. This could include inviting them to a specific workout class, to build a training plan with them, or any statistics and data relevant to your facility or constituency. This will allow you to build your relationship with your local MP and promote physical activity to parliamentarians.*

*You can find your local MP and their contact details by entering your postcode here:* [*https://members.parliament.uk/FindYourMP*](https://members.parliament.uk/FindYourMP)

Dear [Mr/Ms] [NAME],

I am writing from [BUSINESS NAME] in your local area to encourage you to join the ukactive Parliamentary Physical Activity Challenge that will take place from 19 October to 16 November.

We believe this challenge is the ideal opportunity to demonstrate the importance of physical activity across the UK and gives those in Westminster the chance to lead by example.

This challenge is open to MPs, Peers, and their staff from all parties, and allows you to compete against your colleagues. You will be loaned a Myzone MZ-Switch which is a physical activity device that tracks effort, not just fitness levels, making it accessible for everybody. ukactive and Myzone will share weekly rankings with participants so you can see which of your colleagues are the ones to beat.

A similar initiative has been running in the US Congress for the past two years and has been incredibly successful, with Senator Richard Burr and his team taking this year’s title. It would be fantastic if we can see more MPs, Peers, and their teams to participate than your counterparts in Capitol Hill. We hope you see this as a great challenge and we’d love you to lead by that example in representing our constituency. For our part, fitness and leisure organisations in your constituency, like mine, are ready and waiting to support you where we can. [ADD FACILITY OR CONSTITUENCY SPECIFIC INFO IF APPLICABLE]

Moving more is critical for our physical health, as it lowers the chances of many diseases, such as cancer, diabetes, and heart disease, and helps ease the symptoms of certain health issues such as arthritis. Not only that but it is essential for our mental wellbeing – improving our mood, our sleep and even our productivity.

Away from this great initiative, our sector is faced with its own great challenge at this time. Given the ongoing cost of living crisis and huge increases in energy bills, our sector needs support if it is to continue providing its essential services to more than 17 million people up and down the country. Again, we would appreciate your support in raising awareness of this issue in Westminster.

(Mr/Ms) (Name), this challenge is going to be really exciting and we really hope that you and your staff represent our constituency by getting involved.

To register for your place in this challenge or for any questions on this, please contact Megan Bennett at meganbennett@ukactive.org.uk for instructions on how to join.

Best wishes

[BUSINESS NAME]