

This template letter is for ukactive members to contact their local MP and encourage them to join the 'Fit for Office' Parliamentary Challenge.

We 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>. For any further guidance, please contact ukactive's policy team at stephenmcloughlin@ukactive.org.uk.

Dear [Mr/Ms] [NAME],

I am writing from [BUSINESS NAME] in [YOUR LOCATION] to encourage you and your office to join the 'Fit for Office' Parliamentary Challenge across the month of March.

Fit for Office is an annual challenge for Parliamentary Offices, run by **ukactive**, the UK's trade body for physical activity, and global fitness wearables organisation, **Myzone**.

As we spend so much of our time at work, it is essential we incorporate physical activity as much as possible into our working routine. This is especially true for those in stressful and demanding jobs. There are currently 2.5 million people of working age that are economically inactive due to ill health that can often be prevented or treated by being more physically active.

Moving more is critical for our physical and mental health and wellbeing, especially as part of our working routine. It can improve our mood, our sleep and even our productivity. That's why, during the month of March, ukactive will provide free use of Myzone activity tracking devices for all MPs and their staff, to encourage all participants to 'compete' to see who can be crowned Westminster's Physical Activity Champion.

Myzone devices measure activity with Myzone Effort Points (MEPs). The devices can be worn throughout the day so that any type of physical activity, from walking up stairs to running a marathon, can all count towards your team's score. MEPs are awarded not based on time or distance, but by effort, meaning any increase in your activity will be rewarded regardless of each individual's fitness levels.

A similar initiative has been running in the US Congress for the past three years and has been incredibly successful, as well launching last year in Australia. It would be fantastic if we can see more MPs, Peers, and their teams participate than your counterparts in Washington and Canberra. For our part, fitness and leisure organisations in your constituency, like mine, are ready and waiting to support you where we can.

Our sector plays a critical role in improving the health of the nation, which in turn drives our country forward. As part of the challenge, we would be delighted to organise a visit to our facility and show you the valuable role we play in keeping your constituents active and well. [ADD IN ANY OPPORTUNITY TO VISIT OR RECEIVE A TRAINING PLAN/PT SESSION IF TAKING PART IN THE CHALLENGE]

We hope you and your staff can represent our constituency in this challenge. To register for your place in this challenge or for any questions, please contact Stephen McLoughlin at stephenmcloughlin@ukactive.org.uk for instructions on how to join.

Best wishes

[BUSINESS NAME]