

Week 4: Wii Fit



Unfortunately the 'Great British Weather' put paid to our scheduled Health Walk but we didn't let this stop us. Using our initiative we got out the Wii and had a great time. Competitive streaks came out with a few members of staff as we took part in boxing, bowling, tennis and hoola hoop challenges.

Staff have decided that the Wii is going to remain in the offices so that we have a chance to socialise, reenergise, get a bit of exercise and keep track of our weight, BMI and health age going forward.