



**Press Release**  
**(for immediate release)**

### **Southland workplaces get active**

**(Thursday December 8)** More than 500 Southlanders have collectively clocked up more than 950,000 minutes of physical activity in the past five weeks during the 2011 BNZ Workplace Challenge.

That is the equivalent of 666 days of constant physical activity, which BNZ Workplace Challenge co-ordinator Nicola Taylor is praising as a fantastic effort.

“Teams have really put in some amazing efforts during the challenge,” she said.

“What has been really pleasing to hear are the stories of people who have made lifestyle changes – they have changed their habits to incorporate physical activity into their daily routine, so that the BNZ Workplace Challenge will have a lasting effect on their well-being.”

The challenge, co-ordinated and organised by Sport Southland, saw more than 100 teams representing a variety of Southland businesses, log their minutes of physical activity every week in a bid to be named Southland’s most active workplace.

SBS Bank ‘Project and the Call Girls’ was the overall winner of the office and car based business category, clocking up an impressive 19925 minutes across the five weeks of the challenge, between five team members. ‘Romania Broad Foreheads’, of Southern DHB, won the Active at Work category, with 23590 minutes, and Let’s Get Fit, from Contracting Services, won the small business category with 8527 minutes.

Miss Taylor, an active lifestyles co-ordinator for Sport Southland, said she had received a lot of positive feedback regarding the BNZ Workplace Challenge.

“People have tried out new activities, some have lost weight, some have gone to the gym for the first time in their lives, and they have really made some impressive efforts to get active,” she said.

“We’ve been lucky to have the BNZ on board again – they are not only there as naming rights sponsors, but had six teams involved as well, so their contribution has been great.”

BNZ Partners Centre Associate Amanda Bradley said BNZ staff had enjoyed being part of the challenge again.

“Logging their minutes of physical activity every week has really made people more aware of how much – or how little – physical activity they do,” she said.

“People have noticeably increased their physical activity levels, which has been great to see. We’ve really enjoyed being part of the BNZ Workplace Challenge again this year, and it has been fantastic to see so many other Southlanders getting out and active because of it.”

**Photo/Filming Opportunity:**

The BNZ Workplace Challenge prize-giving is on tonight (Thursday, at 5.45pm at the BNZ Partners Centre, where the winners will be announced.

**For more information please contact:**

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