

February 2022

SPARTA Newsletter



SPARTA Fitness Class
Every Friday 12.30
Live Online or in GMH
It's FREE

CHALLENGE YOURSELF

Welcome to the February edition of the SPARTA Newsletter.

I hope that many of you were able to join in the CSSC Active Wellbeing Week in January. Personally, I undertook a pledge to do more walking during the week and managed, despite having to cope with the usual changeable British weather, to achieve my objective.

I mentioned in the last newsletter that there will be events and challenges throughout the year to celebrate SPARTA's 50th anniversary. The first of these is featured on the next page.

In February we are challenging you get a bit more active by walking 50 miles in a month starting in February. It may seem a lot, but you will be surprised at how far you walk in a normal day.

In March we are planning on holding a special Yoga session. Hopefully we can hold a hybrid session with people being able to

attend in person or online. I will let you know as soon as details are confirmed.

This month's History Society talk takes place on 23rd February and is called "Aztecs Abroad". It promises to be a fascinating talk about how native American travelers fared during the 16th century when they visited Europe.

The SPARTA clubs are currently firming up their plans for events this year.

If you want to be more involved with the clubs this year, then you can find contact details for them on our website.

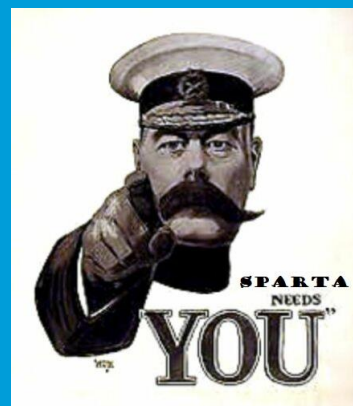
All in all, now that COVID restrictions are beginning to lift we are looking forward to a year filled with events that you can join in person, including our very special SPARTA 50 Sport and Wellbeing Day on 22nd July 2022.

Sign up to as much as you can in 2022. It's going to be a great year.

SPARTA STILL NEEDS YOU

The SPARTA Deputy Chair role is currently vacant.

Sue Johnson, our Deputy Chair has retired but is still helping us on a temporary basis until we can find a replacement.



This voluntary corporate role would look good on any CV.

If you think you know someone who would be interested or suitable for the job then please get in touch with us.

You can download the job description by clicking [here](#)



Check out the SPARTA website for upcoming events



SPARTA 50 CHALLENGE

Get the whole family to join in the first SPARTA Challenge of 2022.



According to the NHS the average British person walks between 3,000 and 4,000 steps a day. That is around 1.5 to 2 miles a day.

Indeed, 10,000 steps - depending on the length of your stride - is about the equivalent of walking about 5 miles, which may sound like an awful lot if you're not particularly active but is easily covered in your average shopping trip to Bluewater.

Our first challenge this year is for you to keep a track of your walking and try to walk 50 miles in a month starting sometime in February.

You can start on the 1st day of February or the last day but try to walk 50 miles within a month of starting the challenge.

You may be thinking "How do I know how far I have walked?" well we are not asking you to measure the exact distance (unless you want to), but just use your phone or an app, or a step counter to give an approximation every day during the month of your walk.

If you have a smart phone, they all have the facility to count your daily steps, and the majority include an app to measure the distance you walk too. My Samsung phone has a built-in app

called Samsung health that can measure both steps and distance.

If you use a step counter, then use the basic formula that 1000 steps is equal to half a mile.

To help you in your challenge we have produced a simple chart for you to tick off the miles as you go along. A copy of it is included on the next page and it can also be downloaded from our website.

You will be surprised how quickly you fill the chart by just using your daily walking.

Why not get the whole family involved. When you have finished the challenge send us your details along with your start and finish date and any photos that you wish to share and we will publish them along with a list of all the finishers on our website.

Why not get people to sponsor you to finish the challenge during the month? Our recommended charity is the Charity for Civil Servants. They offer much needed help to so many of our CS colleagues who desperately need it.

Details of the charity can be found by clicking on the logo below

**The Charity for
Civil Servants**

Let us know how you do. Good luck and we hope you enjoy the SPARTA 50 Mile Walk Challenge

UPCOMING SPARTA CLUB FIXTURES/EVENTS

February

Whole Month – SPARTA 50 Mile Walk Challenge

23rd – SPARTA History Society Talk – Aztecs Abroad - 1:00pm

Details of club contacts can be found on the SPARTA website www.spartarecreation.co.uk/

WANT TO START A CLUB OR MAYBE JUST HELP AT A CLUB?

SPARTA are always looking to build on our portfolio of clubs. If you want to start a club or are already running one and want SPARTA's help, then please get in contact.

Want to help at a current club? Then please get in contact with us: SPARTA@dft.gov.uk

Details of current club contacts can be found on the SPARTA website

www.spartarecreation.co.uk/



SPARTA 50 Mile Challenge



Name

Start Date

<i>START</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>YOU'RE DOING GREAT</i>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>KEEP GOING ALMOST THERE</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>GREAT STUFF YOU'VE FINISHED</i>

..... End Date

Fill in each circle after you complete each mile

Send us your name, start and end date to SPARTA@dft.gov.uk for a chance at receiving a prize.



THE SPARTA CLUBS

SPARTA supports a number of clubs and associations across the UK and is always looking to start new clubs. Here is just a taster of the current clubs

CD CLUB 
www.spartarecreation.co.uk/cd-club

SPARTA GOLF SOCIETY 
www.spartagolf.co.uk/

YOGA CLASSES 
www.spartarecreation.co.uk/yoga

SUPERSTARS CRICKET CLUB 
www.superstarscricket.org.uk

SOFTBALL CLUB 
www.spartarecreation.co.uk/softball

YOUR CLUB HERE
Start a club and it can be advertised right here

CIVIL SERVICE CHOIR 
www.civilservicechoir.org.uk

HISTORY SOCIETY 
www.spartarecreation.co.uk/history-society

FITNESS CLASSES 
www.spartarecreation.co.uk/fitness-class

TENNIS CLUB 
www.spartarecreation.co.uk/tennis

TENPIN BOWLING 
www.spartarecreation.co.uk/tenpin-bowling



Check out all the SPARTA clubs on our website

SPARTA
SPARTA@dft.gov.uk

Phone 07884 390878
www.spartarecreation.co.uk

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