Lunch is for champs!

Frances is an Area Parenting Coordinator based at Riverside in Lowestoft. To unwind after a busy morning, she takes to the streets of the town with a group of friends and work colleagues over lunchtime for a steady run.

We’ve been meeting on and off for around two years now. It’s an unofficial group that my colleague set up originally. We wanted to set ourselves a challenge to do something that took us away from our desks and computer screens, and kept us active.

It’s so easy to make excuses not to leave the office over lunch. The temptation to reply to one last email, or to make one more call, can often mean sacrificing the best part of a lunch break. I realised I was becoming more tired in the afternoons, and less able to concentrate. With so much time spent sitting at a desk, I also wanted to find a way to move more during the day.

We generally run up to three miles at a pace that suits the group. Because we’re doing it together, it motivates everyone not to give up and to keep turning out for the runs, even in bad weather!

We have shower facilities in the office, and after the runs everyone feels energised and motivated for the afternoon’s work.

I’m sure we’re more productive, and get more work done thanks to the lunchtime runs. It’s just a case of telling yourself you’re going to try something new and then giving it a chance.

To find out more about other opportunities to connect, take notice and to be active, visit the five ways to wellbeing pages at www.healthysuffolk.org.uk