



Hello,

I am writing to let you know about an exciting opportunity coming up for clubs/ community groups across Stockton on Tees. Beat the Street is a place based physical activity intervention that encourages people to build physical activity into their daily lives by making small simple behaviour changes such as utilising active travel to get to and from work.

Beat the Street turns towns into giant games. Earn points, win prizes, and discover more about your area by walking, running and cycling. All the participants need to do is pick up a Beat the Street card and tap Beat Boxes across the borough.

**The Beat the Street game goes live in Stockton on Tees from Wednesday 2<sup>nd</sup> March 2022 until Wednesday 13<sup>th</sup> April 2022, and we would love your team to get involved!**

The Beat the Street game takes place over a 6-week period across the entire Borough. Using game cards, players tap card readers placed on street furniture to get points for journeys. Teams can compete against each other and track their points on a leader board to win some amazing prizes.

### **Benefits**

- Great way of improving your mental health and well being
- Improve your physical health – a short walk can increase your life expectancy by 7 years!
- Helps achieve 150 Active minutes per week as recommended by the Chief Medical Officer
- Great way to get out of the office and network with other colleagues/services
- Great prizes to be won!!

All you need to do is grab your participants, set up a team and get walking, cycling, or running to top the leader boards.

### **How do I take part?**

You must recruit at least 12 players for your team to be included on our leader board.

To express your interest in entering a team, or for more information please contact, [leanne.Oxley@stockton.gov.uk](mailto:leanne.Oxley@stockton.gov.uk)

*Please note, Beat the Street is delivered by Intelligent Health in collaboration with Stockton On Tees Borough Council*

