

Write to your Member of Parliament (MP) and encourage them to join the 'Fit For Office' Parliamentary Challenge using our handy email template

Below is a template email for you to send to your MP and we encourage you to edit this letter to make it relevant to your existing relationship with your local MP. This could include inviting them to a specific workout class, to build a training plan with them, or any statistics and data relevant to your facility or constituency.

This is an excellent opportunity to build your relationship with your local MP and promote physical activity to parliamentarians. To identify your MP, visit this [website](#) to find your constituency and the MP you wish to contact. For any further guidance, please contact ukactive's public affairs and policy team at publicaffairs@ukactive.org.uk.

Email Subject: Invitation from [facility/business name] to Join the 'Fit for Office' Parliamentary Challenge 2025

Dear Mr/Ms [Constituency MP's last name]

I am writing from [business/facility name] in [location] to invite you and your office to take part in the 'Fit for Office' Parliamentary Challenge this March.

Fit for Office is an annual initiative led by ukactive, the UK's trade body for the physical activity sector, in partnership with Myzone. The challenge encourages MPs and their staff to incorporate more physical activity into their daily routine, supporting both physical and mental wellbeing. Given the demands of Parliamentary life, integrating movement into the workday is essential for long-term health and productivity.

There are 2.5 million people of working age who are economically inactive due to ill health, much of which can be prevented or alleviated through regular physical activity. By taking part in Fit for Office, you can help set an example for your constituents and champion the importance of active lifestyles.

As part of the challenge, ukactive will offer MPs and their staff complimentary access to Myzone activity tracking devices or MZ Open for those who already own a tracking device. These devices track physical activity using Myzone Effort Points (MEPs), which reward effort rather than time or distance, ensuring everyone can participate regardless of fitness level. A

similar initiative in the US Congress has been successful, and we are excited to see even greater participation here in Westminster.

As part of the challenge, we would be delighted to organise a visit to our facility and show you the valuable role we play in keeping your constituents active and well. **[ADD IN ANY OPPORTUNITY TO VISIT OR RECEIVE A TRAINING PLAN/PT SESSION IF TAKING PART IN THE CHALLENGE]** We hope you and your staff can represent our constituency in this challenge.

To register for your place in this challenge or for any questions, please contact Stephen McLoughlin at publicaffairs@ukactive.org.uk for instructions on how to join.

We look forward to hearing from you soon.

Best wishes,

[Your Name]

[Business Name]

[Contact Information]