

# Get Your Workplace Sweating with Pride!



Keen to bring Sweat with Pride to your workplace? Amazing! Workplaces that get involved in Sweat with Pride not only raise life-changing funds for Rainbow and Tākatapui communities, but also foster inclusivity, team spirit, and a whole lot of sweaty fun. Here's how to make it happen:

## Step 1: Get Your Boss (and HR) on Board

Frame it as a team-building opportunity that promotes workplace wellbeing and inclusivity. Highlight the positive PR for your workplace supporting Rainbow communities.

Mention the health benefits—21 minutes of movement a day is great for staff wellbeing!

Emphasize the fun factor—who doesn't want an excuse to wear neon workout gear to work?

## Step 2: Rally Your Workmates

Start a workplace team and get as many colleagues as possible to join in.

Spread the word in your office chat, email, or noticeboard.

Host a kick-off event (morning tea, lunch workout, or a quick huddle) to get people excited.

Assign a team captain to keep the energy high and the sweat flowing!

## Step 3: Make It Easy to Participate

Set a realistic movement goal (21 minutes a day) that everyone can commit to.

Encourage different ways to sweat — walks at lunch, desk stretches, group fitness challenges.

Suggest friendly competitions between departments for extra motivation!

## Need Help? We've Got You!

We can provide resources, posters, and support to help you get your workplace involved. Drop us a line at [info@sweatwithpride.com](mailto:info@sweatwithpride.com) if you need a hand!

Now go forth, Sweat Boss, and get your workplace moving for a fabulous cause!

## Step 4: Get Management to Sweeten the Deal

Ask your employer to match donations raised by the team.

See if the company can sponsor registrations for employees who want to take part.

Ask leadership to shout a reward (maybe a morning tea or an extra break) if the team hits a fundraising goal.

## Step 5: Spread the Word

Use company-wide emails, newsletters, and social media to encourage sign-ups.

Print posters for the breakroom and add Sweat with Pride branding to email signatures.

Suggest a 'Sweaty Friday' dress-up day where everyone wears their workout gear to work!

## Step 6: Celebrate & Share Your Impact

Keep the team motivated by sharing progress updates.

Shout out top fundraisers in company meetings or emails.

Plan a wrap-up event at the end of the month to celebrate the sweat, the funds, and the fun!

