

The Commonwealth Games will take place in Glasgow in 2014. The Scottish Government is committed to ensuring the games will deliver a positive and lasting legacy for Scotland and want as many people as possible to benefit.

Our Commonwealth, Commonhealth Programme is an opportunity for all staff and volunteers to get pro-actively involved in a range of health activities throughout 2014 and make an impact as part of the games legacy.

**NHS**

National Waiting  
Times Centre



## 'The Commonhealth Challenge'

As part of the lead up to the 2014 Commonwealth Games in Glasgow, the Golden Jubilee Hospital and Beardmore Hotel are launching their own staff Commonhealth Challenge. Staff and Volunteers are encouraged to set themselves a personal fitness challenge for 2014.

This is an opportunity for everyone to get involved, so whether you regularly take part in physical activity or are new to the whole fitness game.

There are hundreds of challenges out there and over the next six weeks we will be sending out regular bulletins and updating the Commonhealth intranet page with loads of ideas for possible challenges to suit you!

We will also be providing information on how to get started with your challenge and useful website addresses.

On the week commencing 13 January 2014, there will be information stalls on various physical activities and an opportunity to speak first hand with representatives from different sporting backgrounds.

Make it more fun and get your friends involved too.

### This challenge is for you!

Sign up today to register your interest in taking part in this exciting opportunity and help us achieve our goal of getting 300 staff and volunteers to take up this challenge.



Already reasonably fit and want to set yourself a new challenge? How about aiming for your first triathlon?



Any keen cyclists? The Glasgow to Edinburgh 47 mile challenge ride in September 2014.



Never done any exercise before? Sign up to walk 'The Race for Life 5K' June 2014.



Willing to brave the elements? Get your wet suit on and sign up for the Great Scottish Swim in Loch Lomond in August 2014.



Fit and want to push yourself that little bit more? The BIG Challenge could be for you. How about walking the West Highland Way, climbing 3 Peaks in 24 hours?



Enjoy watching Strictly Come Dancing and wish it was you? Get yourself along to join a class. Why not try salsa, tap, belly dancing or jive?



Want to do something with a few friends? The Great Scottish Run might be for you in October 2014?

Make a difference in 2014!

