

SurreyMoves+ Motivators

Our aim is to identify new opportunities and gaps in delivery for underrepresented groups. We are looking to work with groups who do not traditionally exercise and engage with students and staff from different backgrounds and would like your help to do so!

Role of a SurreyMoves+ Motivator:

- To encourage your colleagues and those around you to sign up to SurreyMoves+
- Create and run a bespoke group on the SurreyMoves+ app to encourage your colleagues to keep moving and build an active community.
- To enthuse your colleagues and those around you to take short breaks where possible. This could be to go for walking meetings, short walks around the lake, breaks away from the desk etc.
- To engage with other Motivators across the University to see if there are any collaborative opportunities.
- Deliver pop-up SurreyMoves+ engagement activities across campus to encourage a healthy lifestyle.
- Share news and updates about the SurreyMoves+ programme with the relevant contacts

Role of SurreyMoves+ Team:

- To provide all Motivators with a brand new piece of wearable technology, SurreyMoves+ water bottle and Motivator t-shirt.
- To be the first point of call for any questions or queries, regarding anything related to SurreyMoves+. These include (and are not limited to): sign up process, applicable trackers, challenges and activities on offer, up and coming rewards etc.
- To help facilitate discussions amongst the Motivator team, bringing together all your individual efforts and support.
- To be the overall administrative team ensuring that the SurreyMoves+ app and programme are kept up to date.

Expression of Interest:

If you would like to be part of the SurreyMoves+ Motivator Team please submit the following information to surreymoves@surrey.ac.uk. Please note that this is an expression of interest and we will be in touch with those we would like to work with to meet the objective of the programme.

Name:

University E-mail Address:

Faculty/Department:

Why you would like to be a SurreyMoves+ Motivator:

Objectives you would like to set to engage others to be physically active:

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