

# Sign up to the Shape Up Notts! Workplace Challenge - the free and easy way to get into shape.

Take advantage of the free online support and log your physical activity levels on the Shape Up Notts! website. Your activities get converted into points.... and you know what points mean - prizes!

To be in with a chance of winning some goodies and to help get your business race to the top of the regional league table simply go to [www.thebigwheel.org.uk/challenge](http://www.thebigwheel.org.uk/challenge) for more information and to sign up now.



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