

MOVESLETTER

JULY 2023

SUMMER GIVEAWAY

WIN A BICYCLE THIS SUMMER!



DIFFERENT OPTIONS CAN BE MADE AVAILABLE E.G. TRICYCLE.

RAFFLE TICKETS AVAILABLE NOW UNTIL 31ST JULY
AT 23:59. WINNER ANNOUNCED EARLY AUGUST!

UEA+MOVES

Points Update & Raffle Prize

An important update for all users:

We have taken the decision to reset all Moves user points on 1st August 2023. We are experiencing huge demand for the app and rewards, and are doing our best to match this with the resources we put behind it. Resetting all user points will allow all users for the 2023-24 academic year to start from the same point and work towards the same goals, whilst allowing UEA Sport to better predict the cost of rewards and prizes.

To compensate for this and to encourage users to continue to be active during July, we are offering our final raffle prize giveaway! Go onto the app to find out more.

Our 2023 London Marathon Moves runner!

Amy Forrest, a UEA Medical student, who spent over 100,000 Moves points on raffle tickets to win an entry to the London 2023 Marathon was successful!

"It was the most incredible experience and a massive thank you to UEA Sport and UEA Moves for the opportunity! We finished in 4hrs20mins in the end which was an unexpected (but good!) surprise and apparently made it on the BBC broadcast twice!"

Well done Amy!



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UEA+MOVES AMBASSADORS REQUIRED

We are recruiting for volunteers in each of the following areas:
Marketing & Social Media
Data Analysis
User engagement - rewards/challenges

Apply now for 2023-24

Application forms are online, or
email studentsport@uea.ac.uk

Fancy volunteering for us?

Every year, UEA Sport seeks new and enthusiastic students who want to make a difference for others at UEA. We have some volunteering roles which you could apply for (see link below on our webpage):

We are on the lookout for UEA+Moves Ambassadors to drive participation opportunities for students via the app to engage in increased physical activity, in order to improve wellbeing and awareness of our wider Active Campus programme.

<https://ueasport.co.uk/volunteer-academy/current-volunteering-opportunities/>



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Trees galore

We have had the tree planting option on the app since May 2021, originally as an initiative set up by UEA Sport's Sustainability in Sport working group.

By redeeming this reward, you will contribute to global reforestation efforts, restoring lost forests, repairing damaged ecosystems and mitigating climate changes.

We are now using Ecologi, which is more affordable for users to plant trees. We now have a public webpage (see below) and have reached over 2,000 trees planted!

<https://ecologi.com/ueasport>

2022-23 Stats

We're extremely proud of how integral Moves is to our Active Campus programme, which provides free or heavily subsidised activities designed to benefit your physical and mental wellbeing.

Summer 2023 CHALLENGES

On Your Feet
UEA
75,000 Steps

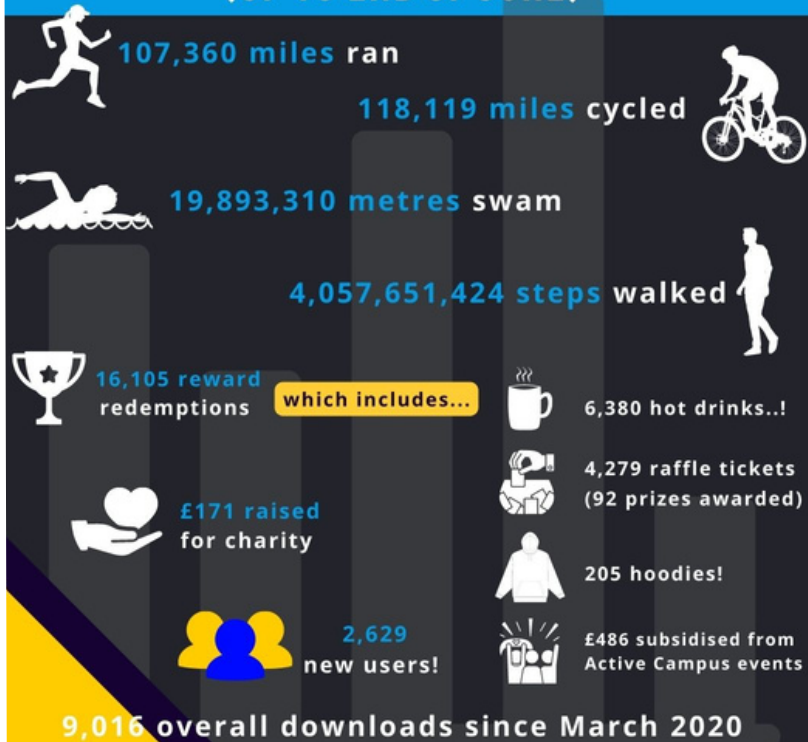
Saddle Up For
Summer
25 mile Cycle

Summer Swim
2,000 meters

Beat the Heat
Summer Run
5 miles

UEA+MOVES

2022-23 YEARLY STATISTICS (UP TO END OF JUNE)



Challenges!

We are adding some new summer challenges to the app to keep you active and have some goals to work towards. If there are any more that you would like to see then please email us at ueamoves@uea.ac.uk

