

Cannock
Chase



**Advertise your business for FREE
with Cannock Chase Can!**

Making healthy lifestyle choices easier...




*Inspiring
healthy
lifestyles*

About Cannock Chase Can...

The new 'Cannock Chase Can' mobile App enables residents to sign up to and create personal profiles including healthy weight, personal goals and individual wellness journeys. It also provides information about healthy eating, physical activity and advice about how to make healthier lifestyle choices. It hosts a variety of wellness challenges developed by the community, local organisations and businesses.

It provides our community with the tools to improve their own health and wellbeing, by making it fun, focused and easily accessible.



Fun



Focused



Accessible

How does Cannock Chase Can work?

Users of the App will begin their individual wellness journeys by responding to a set of questions relating to each of the wellness themes. These themes have an impact on our overall health and weight management. Answers are evaluated to create individual Wellness Wheels and weight goals.

Relevant information and community challenges are offered to help everyone to progress on their wellness journey. Once a challenge is completed, users are offered a spin of the 'reward wheel' and given rewards to motivate them along their wellness journey.

Cannock Chase Can aims to give people as many tools as possible so they can lead a happier and healthier lifestyle. The Cannock Chase Can App is available to download for FREE from Google Play and the App Store.



How to get involved?

There are several ways your business can support Cannock Chase Can. Send challenges, rewards and/or offers which we can promote on our new health and wellbeing App. In return, we will advertise your business for FREE within the mobile App, Facebook page and website.

Submit a challenge...

You can support others by getting involved and submitting a challenge. These will be showcased within the App for users to complete and progress up their Wellness Wheel.

Your challenges can be absolutely anything if they can benefit an individual's health and wellbeing.

Challenges can range from step by step instructions to making Grandma's super soup to a calming audio of bird song from Cannock Chase, to a video showcasing outdoor football tricks filmed in Cannock Park. The more engaging, fun and imaginative - the better!

A submission form is available to download by visiting www.cannockchasedc.gov.uk/cannockchasecan

Offer a reward...

You can also motivate others by offering rewards which users will be given as they complete a challenge. A reward could be anything ranging from a free coffee, discount, taster sessions, access to current offers, videos, podcasts etc. The harder the challenge, the better the reward!

If you would like to offer a reward and support this new health and wellbeing programme, complete the form on the back page.



To find out more call Emily on 01543 464689 or email cannockchasecan@cannockchasedc.gov.uk



Reward Submission Form

Business name

Email address

Contact number

Description of your business (maximum 50 words)

Reward type (select one option)

Video

Podcast

Weblink

Audio

Voucher

Quantity

Expiry date

Attach reward

Attach business logo



**Save this completed form and send to
cannockchasecan@cannockchasedc.gov.uk**

Thank you for supporting Cannock Chase Can!