A team of footballers from Morgan Sindall have been boosting their fitness levels while helping out a local charity.

As part of the company’s commitment to the Healthy Working Lives initiative all members of staff in Scotland are encouraged to take part in physical exercise during the working day to stay in shape and improve their personal health and well-being.

And, when safety, health and environment advisor Diane Connor heard about a football tournament organised by suicide prevention charity Choose Life she signed her budding footballer’s up to take on the challenge.

Morgan Sindall has recently received the Bronze Healthy Working Lives Award and the entire team is now working towards silver. The football tournament which took part in Motherwell and involved NHS Lanarkshire, Lanarkshire Fire and Rescue Service, North Lanarkshire Council and local chaplains among others, was the perfect opportunity to get fit while helping a local community group at the same time.