



MENTAL HEALTH AWARENESS WEEK

13-19 MAY 2024

If you aren't into exercise as part of your weekly routine, do you wonder how much movement you do?

Movement boosts your mood and helps to reduce or stop feelings of worry or anxiety. It also releases endorphins and helps relieve stress.

Fit On App

<https://fitonapp.com/>



FITON

The Body Coach with Joe Wicks

<https://www.youtube.com/channel/UCAxW1XT0iEJo-0TYIRfn6rYQ>



NHS free exercise fitness videos

Aerobic, Strength & Resistance, Pilates & Yoga
<https://www.nhs.uk/conditions/nhs-fitness-studio/>



Feel Better Live More with Dr Rangan Chatterjee

S6 E352
How exercise helps us find happiness, hope, connection and courage



We have a challenge this week!



Make time for a short walk...

- to or from work
- a lunchbreak stroll
- after work
- maybe park a bit further away from your destination, get off the train or tube a stop earlier



Short burst of 10 minute brisk walking increases our mental alertness and energy levels.

Walking not your thing? Dance in the kitchen!

Or try some exercise at home with the free online fitness resources below!