

The background features a light gray base with several overlapping, wavy, organic shapes in blue, green, yellow, orange, and red. These shapes are semi-transparent, creating a layered effect. Faint, white dashed lines are scattered across the background, particularly in the upper left and lower right corners, resembling topographical map lines or abstract patterns.

Fitness & Mental Health

+

It can help to reduce anxious feelings

It can reduce stress (and neck/shoulder/face muscles)

It can help your memory and help you to focus

It helps you get better sleep

It actually gives you MORE energy

It can make us feel better about ourselves

What are the benefits for our mental health?

What exercises can we do?



How do I start?



Start small (a few minutes per day)



Find the thing you really enjoy



Try different activities



Reward yourself afterwards



Find a friend to exercise with

What do I do?

- + I discovered running during lockdown and now I love it
- + I try to run 3 times per week
- + I set myself targets for how quickly I can run but these are just for fun
- + I treat myself by watching a movie afterwards



