

Running and Mental Health



Why I run.....

Stress Management.



Brainpower Boost



The sunshine vitamin.

Calmer state of mind.



It is FREE!!!!

My achievements
so far.....



My first half marathon
February 2018.



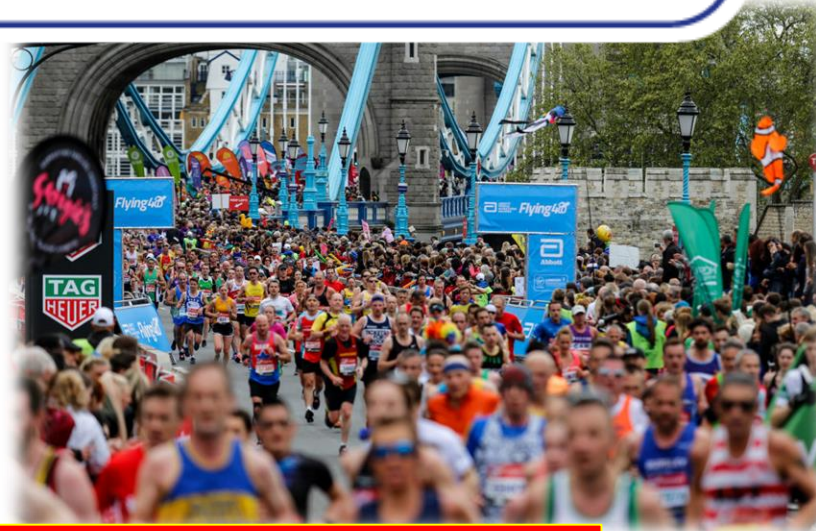
My favourite.



My family.



BIGGEST ACHIEVEMENT IN RUNNING!



26.2 miles!!!!



Giving to others also supports mental health



goodgym®

