

# Exercise Wellbeing Tips



Get your body moving for at least 30 minutes everyday (bonus points if you do it outside!)

Any form of exercise can help to banish stress, lessen anxiety, and alleviate symptoms of depression.



Focus on working out for your wellbeing, rather than to change your body.

If you struggle to motivate yourself for **YOU**, take up a charity challenge to get working out.



Throw a kitchen disco, take the dog for an extra daily walk, dance around with the kids – anything that gets you moving!

Don't put yourself under pressure: exercise to your own ability.



Getting physical can boost your mood, calm you down, and make you feel more content.

Love it or loathe it, exercise is the Holy Grail of wellbeing. It's always worth the effort.



Did you know that exercise is great for self-esteem? Take it one small challenge at a time.

Find an 'exercise buddy' to help you through any initial anxiety, and to keep you motivated.

