

Wellbeing Tip of the Week



Build exercise into your weekly routine

When we're so busy, it can be difficult to prioritise exercise, but just 10 minutes of exercise a day releases endorphins; which create positive feelings in our bodies.

Regular exercise reduces stress, anxiety and low mood, increases self-esteem and improves sleep. Look at your routine this week and think about when you can spare 10 minutes to do some exercise.

Jogging, step-ups on the stairs, bicep curls with tins or going for walks are just some examples. You can even get creative with it and see how many sit-ups you can do while the kettle boils! To keep you motivated, you could keep a fitness diary and include how you felt before and after the exercise.