

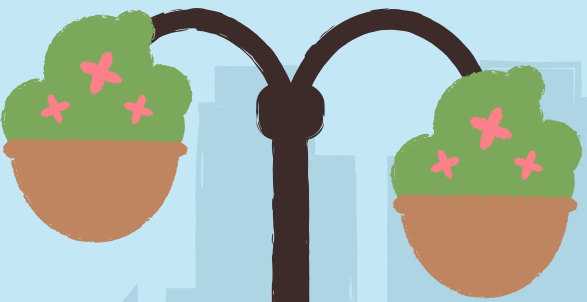


MOVE A LITTLE. FEEL A LOT BETTER

Me.™

Physical strength and mental strength
are more connected than you think

It's not about doing more.
It's about doing something.



- Moving your body can boost mood and reduce stress
- It helps you stay calm, focused and confident
- Small challenges build resilience and self-belief
- More movement = more energy for everyday life

Want ideas or a bit of accountability?

Speak to your HAWC (Health & Wellbeing Coach)

Becca or Sue

Start small. Stay consistent. Notice the difference.