



NOTICE THE SIGNS:



GET ACTIVE MOVE YOUR MIND SUMMER CHALLENGE

Dorset Mind is inviting you to join our Move your Mind Summer Challenge!

All you need to do is to #GetActive for 30 minutes every day during July 2021. This challenge is suitable for everyone—so why not get involved by yourself, with your friends or even get your family to join in too!

Your 30 minutes each day can suit your lifestyle, schedule and ability. Whether you choose to walk, swim, cycle, garden or clean—this can all count towards your target.

You could even get people to sponsor you.

Why being active is good

- Being active is good for your body and mind
- Being active boosts self-esteem, enhances concentration and helps you sleep well
- Exercise releases endorphin hormones which make you feel good
- Physical activity has been proven to decrease symptoms of depression, anxiety, pain and loneliness
- Exercise lowers risk of some diseases

I'm overflowing with time, peace, energy, focus and good health

Ways to get active

- Go for a walk
- Go to the gym
- Take the stairs
- Join an exercise group
- Follow a YouTube workout



For more details, please head to <https://dorsetmind.uk/product/move-your-mind-summer-challenge/>