

# GET MOVING TO BOOST YOUR MOOD



## PHYSICAL WELLBEING

Physical activity has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking increases our mental alertness, energy and positive mood. Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety.

We're kicking off a series of challenges based on everyone's favourite exercise: press ups. If it isn't your fave yet, this challenge will help you get there and build core strength too!

It doesn't matter what level you reach on your first try, just keep improving on one press up and one second extra of plank every day and you'll be amazed at what you can achieve.

**The challenge is completed as 1 unbroken set.**

Perform 1 press up followed by a 10 second plank then immediately into 2 press ups then a 20 second plank.

Continue for as long as you can, or until you reach 10 press ups and a 100 second plank.

To make this challenge easier perform your press ups on your knees and then hold a low plank (forearms instead of hands).

If you need any assistance, please contact a member of the Healthoutfit team:  
[pt@healthoutfit.co.uk](mailto:pt@healthoutfit.co.uk)

**Let us know how you get on.**

