



Mental Health Awareness Week

Movement: Moving more for our mental fitness.

Bingo Card

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| I've walked for 30 minutes | Today I have done some gentle <u>stretches</u> at my desk | I have stretched or taken part in <u>chair based yoga</u> |
| Today I have been on a <u>hike on a local trail</u> | I have danced for 10 minutes | Today I have jogged or ran 1 mile |
| I have read a blog today about movement | I have organised a walking meeting with a colleague | Today I have stood up and balanced on each leg for at least 30 seconds |

