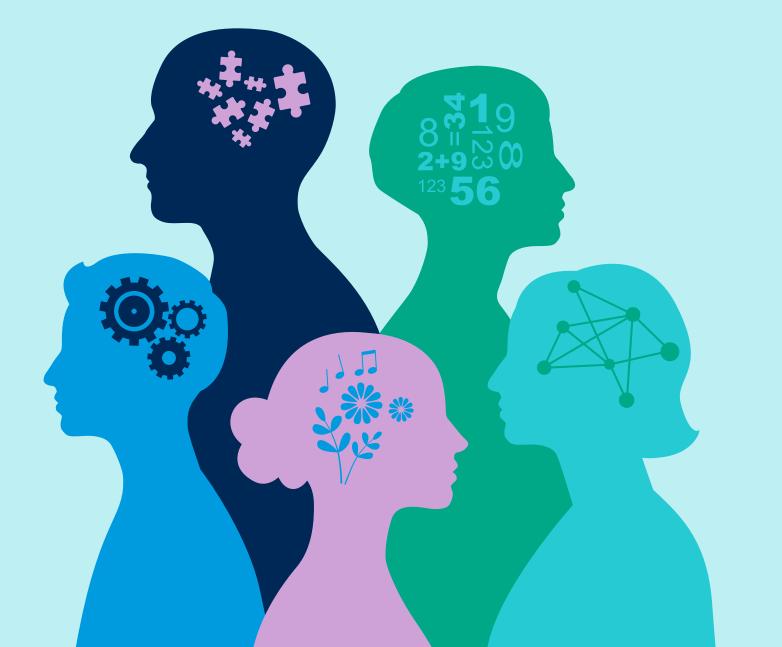




## Mental Health Awareness Week

**Movement: Moving more for our mental fitness.** 

**Bingo Card** 



## l've walked 30 minute

Today I have be <u>hike on a loca</u>

I have read a blo about mover

d for	Today I have done some	I have stretched or taken
tes	gentle <u>stretches</u> at my desk	part in <u>chair based yoga</u>
een on a	I have danced for	Today I have jogged or
<u>al trail</u>	10 minutes	ran 1 mile
og today ment	I have organised a walking meeting with a colleague	Today I have stood up and balanced on each leg for at least 30 seconds

