

**Move
Your Body**



**Lift Your
Mood**



**Nourish
Yourself**



**Connect &
Belong**



**Win Spot
Prizes Every
Week!**

Wellbeing in Action Programme: 14 Oct – 04 Nov

We all know the things that are good for our wellbeing. The tricky bit? Actually doing them!

Winter's behind us and spring has sprung! Now is the time to shake things up and put a bit more energy back into your life. Reconnect with others, move your body, nourish yourself and lift your mood.

How it works:

01

Join the Programme

Register as an individual or form a team with your workmates, friends and family.



02

Complete small wellbeing activities

Choose simple actions across the four winter wellbeing areas - Move | Mind | Nourish | Connect



03

Log your activities and earn points

Track your progress in the web app, earn points and be in to win weekly spot prizes.



Results from previous challenges:

86% felt happier
79% were less stressed
64% felt more connected to others

Promo code: MHAW50

Secure a 50PC discount for Wellbeing Wednesday subscribers using the promo code at checkout!

Join the Wellbeing in Action Programme - Starts 14 Oct
Scan the QR code to find out more and register

