

Feel Energised

More Movement = More Energy

Did you know...

Just 10 minutes of movement can flip your body's 'energy switch'? Exercise, even small bouts of movement, train your body to generate fuel more efficiently, improve oxygen flow, and lift your mood.

Quick wins you can try

- Morning stretch: Spend 5 minutes moving gently to help wake up your mind and body.
- Fresh air walk: Step outside for a five minute stroll
- Dance to a song: enjoy an instant energy boost while moving to music

How does Exercise improve energy levels?



Improves oxygen flow to muscles and brain



Releases feel-good chemicals that fight fatigue



Builds more 'power cells' for fuel



Helps you sleep deeper and wake fresher



Gives an instant lift after even short activity



Builds long-term stamina and alertness

