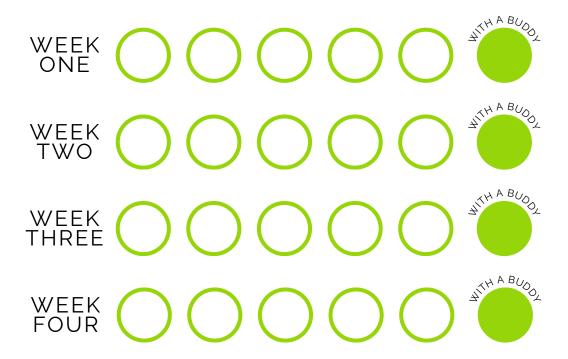


Let's prioritize mental health and connection by committing to **150 minutes** of moderate-intensity exercise per week. That's just **30 minutes**, **5 days** of the week which can significantly improve our mental health, potentially reducing symptoms of depression, anxiety, and stress, while boosting mood, self-esteem, and overall well-being.

During the challenge, do your best to do at least one of these 5 - 30 minute sessions of activity with a buddy!



Track your progress on this sheet and be sure to tag @aardvarksportsshop and @talktoyourmates on Instagram along the journey. More information can be found on Facebook at TALK TO YOUR MATES.

