



TALK TO YOUR MATES

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!

WEEK ONE	☐	☐	☐	☐	☐	☒ WITH A BUDDY
WEEK TWO	☐	☐	☐	☐	☐	☒ WITH A BUDDY
WEEK THREE	☐	☐	☐	☐	☐	☒ WITH A BUDDY
WEEK FOUR	☐	☐	☐	☐	☐	☒ 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.

