



### Exercise is good for your mental health

Being active can help improve your mental wellbeing in a number of ways - it can reduce your risk of depression, protect against anxiety, positively change your mood, and increase your self-esteem. No matter what your age or fitness level, you can learn to use exercise as a powerful tool to feel better. Find physical activities that you enjoy and think about how to fit more of them into your daily life.

### Get active and boost your mood!

Logon today at  
[www.asps.wellbeingzone.co.uk](http://www.asps.wellbeingzone.co.uk)

Or create an account by clicking 'Register' and using the following code.

Organisation Code : **ASPS1**