



## **Exercise is a great stress reliever**

Physical exercise can be a powerful tool in decreasing stress and maintaining a positive attitude to life...

- It can help with depression and protect against anxiety
- Exercising in the great outdoors is especially valuable
- Just three hours a week can make a difference
- Find something you enjoy and can stick with

**It's the easy antidote to daily stress!**

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

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

Organisation Code : **HEFT1**