

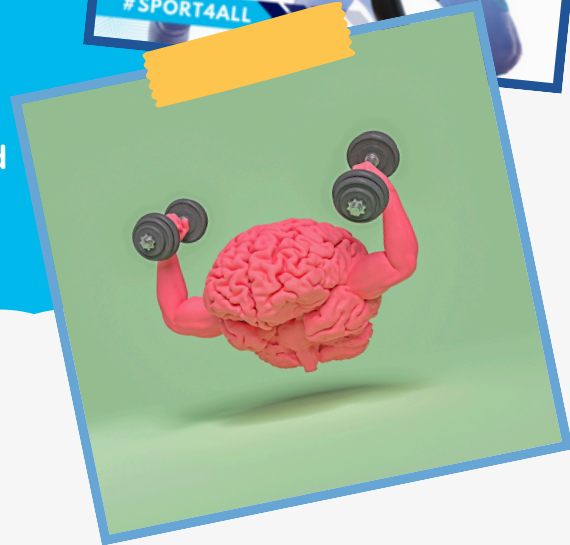


WELLBEING Wednesday

Welcome to Wellbeing Wednesdays

Welcome to Wellbeing Wednesday! At Sports Connect, we're committed to supporting your mental health and well-being. Each week, we'll share tips and strategies to help you stay balanced, motivated, and resilient.

Let's work together to build a healthier mindset, reduce stress, and make well-being a priority in our everyday lives



This weeks topic

Exercise & Mental Health

Staying active isn't just great for your body—it's a game-changer for your mind too! Regular exercise can boost mood, reduce stress, and improve focus, helping you feel stronger both physically and mentally. This week, we're exploring the powerful connection between movement and mental well-being. Whether it's a quick walk, a team workout, or stretching between shifts, every bit of movement counts



Upcoming events

- Spring Scavenger Trail March 19–29, 10:00 AM – 2:00 PM. Lullingstone Country Park, Eynsford. Perfect for nature enthusiasts of all ages.
- Big Foodie Quiz in Aid of Food Friends at Macknades, Faversham. 22nd March. Tickets are £17.50pp (recommended teams of 4-8), including food and a donation to Food Friends, and must be booked in advance.
- Run Whitstable and Herne Bay Spring 5k, 10k and Half Marathon 2025. Sunday 23rd March.



Mental Health Benefits of Exercise

- 1 Improved Mood
- 2 More Energy
- 3 Higher Self-Confidence
- 4 Better Brain Health
- 5 Healthy Distraction
- 6 Reduced Anxiety and Depression Levels



Tips to help

1. Make Movement Part of Your Workday – Use your active role at Sports Connect to your advantage! Engage in warm-ups, join in with activities, or take short movement breaks to stay energized.
2. Stay Social – Working in a team environment? Exercise with colleagues! A quick game, a group workout, or even a lunchtime walk can boost mood and connection.
3. Prioritize Recovery – Being active at work is great, but make sure to balance it with proper rest and hydration to avoid burnout.
4. Find What Works for You – Whether it's a gym session, yoga, or simply being on your feet coaching, embrace the movement that makes you feel good!



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