**A week of** WELLBEING **at work**

|  |  |
| --- | --- |
| **Monday**  |  |
| **Tuesday**  |  |
| **Wednesday**  |  |
| **Thursday**  |  |
| **Friday**  |  |







**Being active during the working week increases your energy, helps to maintain a healthy weight, reduces stress, improves sleep and boosts creativity.**

**What will you do this week?**