

Wellbeing Wednesdays

Be Healthy with 5 things a day!

Be
Healthy
7 May

1.



Ditch the lift
& **Take the Stairs**

*burn approx 10 calories per flight

2.



Keep Hydrated by drinking
8 glasses of water

*check your hydration levels on our posters

3.



Join a Class
tinyurl.com/JoinAClass

4.



Walk or Cycle to campus

* and home again!

5.



Go Greek! Follow the Greek example and
eat 9 portions of fruit & veg