

Brighten up your day

Adding ten minutes more activity to your daily routine can help you feel calmer, happier and more energetic.



For quick activity suggestions, advice, motivation and more visit FitForMe.info



Supported by  Liverpool City Council   

 Like [Facebook.com/FitForMeLpool](https://www.facebook.com/FitForMeLpool)

Lighten your mood

Adding ten minutes more activity to your daily routine can help you feel more relaxed, happier and boost your confidence too.



For quick activity suggestions, advice, motivation and more visit FitForMe.info



Supported by  Liverpool City Council   

 Like [Facebook.com/FitForMeLpool](https://www.facebook.com/FitForMeLpool)

Release some tension

Adding ten minutes more activity to your daily routine can help you sleep better, clear your head and feel more relaxed.



For quick activity suggestions, advice, motivation and more visit FitForMe.info



Supported by



Liverpool
City Council



Like [Facebook.com/FitForMeLpool](https://www.facebook.com/FitForMeLpool)

Forgotten what a good night's sleep is like?

Adding ten minutes more activity to your daily routine is a great way to start sleeping better and feel more relaxed.



For quick activity suggestions, advice, motivation and more visit FitForMe.info



Supported by



Liverpool City Council



Like [Facebook.com/FitForMeLpool](https://www.facebook.com/FitForMeLpool)

Forgotten how walking can clear your head?

Adding a ten minute walk to your daily routine is a great way to lift your mood and boost your confidence.



For quick activity suggestions, advice, motivation and more visit FitForMe.info



Supported by  Liverpool City Council   

 Like [Facebook.com/FitForMeLpool](https://www.facebook.com/FitForMeLpool)

Forgotten how much fun dancing can be?

Adding ten minutes of dancing to your daily routine is a great way to start feeling more energetic, reduce stress and have a laugh.



For quick activity suggestions,
advice, motivation and more
visit FitForMe.info



Supported by



Liverpool
City Council



Like [Facebook.com/FitForMeLpool](https://www.facebook.com/FitForMeLpool)

Realise your potential

Go on... keep going for another ten minutes.
The more activity you do the stronger,
healthier and more confident you'll feel.



For quick activity suggestions,
advice, motivation and more
visit FitForMe.info



Supported by



Liverpool
City Council



Like [Facebook.com/FitForMeLpool](https://www.facebook.com/FitForMeLpool)

Extend your workout

Keep going for ten minutes more, you can do it! The more activity you do the stronger, healthier and more confident you'll feel.



For quick activity suggestions, advice, motivation and more visit FitForMe.info



Supported by



Liverpool City Council



Like [Facebook.com/FitForMeLpool](https://www.facebook.com/FitForMeLpool)