Exercise your mind while you exercise your body.
Exercising with others is a great way to lift your mood while being active.

EXERCISE YOUR MOOD
4-12 May 2019

EXERCISEYOURMOOD.ORG.AU

Black Dog Institute
EXERCISE YOUR MOOD
4-12 May 2019

You don’t have to compete against others when it comes to exercise – start where you feel comfortable.

EXERCISEYOURMOOD.ORG.AU

Black Dog Institute
EXERCISE YOUR MOOD
4-12 May 2019

Keep your body active and your mind happy – exercise where you feel comfortable, whether it’s the gym, at home or outdoors.

EXERCISEYOURMOOD.ORG.AU

Black Dog Institute