



What happens in your body...

## When you're active

We all know that physical activity has a ton of big-picture perks (we see you, toned arms and reduced health risks). But did you know that exercise also has an **immediate** impact on how our bodies and brains function? Studies show that just a single workout can increase levels of mood-boosting neurotransmitters like dopamine, serotonin, and noradrenaline. By shifting our focus from down-the-road benefits to tangible, daily boosts (like the ones below!), we're more likely to enjoy - and stick with - working out.

### WHAT TO DO

Write down a short-term intention for being active that actually makes you want to do it. Planning to exercise? Be sure to read it that morning. Need ideas? Get inspired by what other members on Connect have to say!

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**WALKING** works for me. When I'm walking, I'm not worrying!

-@bestwest47

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My favourite workout is **30-40 minutes of free step** on my Wii Fit every morning. I have no excuse not to do it as I have to walk past it to get to the kitchen to make my morning cuppa... **it really keeps me motivated and gets me moving.**

-@lauranewmsy

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I love **dance classes** in the **WW Healthy Body Healthy Mind Group**. I do them 3 times a week! The classes are such fun that **I smile all through the class** and for hours afterwards, which **does wonders for my mental wellbeing.**

-@yana\_o

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I love **Walk at Home**, on YouTube. You can choose anything from **10 minutes** to ones that cover **the equivalent of 5 miles** to ones that **focus on strength** or abs. Walk, walk, walk!

-@cathb7471

“There's nothing like starting the day with **a dip in the sea** - it **clears my mind**, makes me **appreciate nature** and properly **sets me up for a day at my desk.**”

-@iprescott



Come back next week for part five of our NEW six-part “What happens in your body...” series!

**Wellness  
that Works.™**