

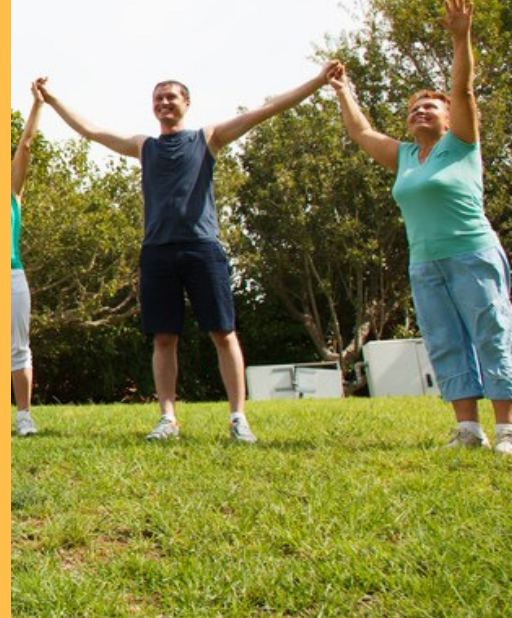


# 4 WEEK WELLBEING WORKOUT

Join us for four fun and  
practical sessions

Learn how to build and  
sustain the motivation to  
exercise, and do a workout

**FREE**



## WHY JOIN?

Research shows that exercise is a powerful way to fight depression and anxiety. This program helps individuals build the necessary skills to start and sustain regular exercise. It combines both motivational techniques and exercise classes.

**18 OCT, 25 OCT, 1 NOV, 8 NOV**

10am-12 noon

King George V Recreation Centre  
15 Cumberland St, The Rocks



## SESSION 1

*Getting started*

Where attention goes,  
energy flows.  
Purpose and a plan  
Anticipating obstacles  
1 hr workout : Cardio  
Tennis

## SESSION 2

*When the going gets tough*

Turning ANTs into PETs  
Mindfulness Matters  
The attitude is gratitude  
1 hr workout : Yoga

## SESSION 3

*Building Confidence*

One step at a time  
Learning from others  
Seeking social support  
1 hr workout : Body  
Circuit

## SESSION 4

*Sustaining the habit*

Rewiring the brain  
Routines and rituals  
Rewards  
1 hr workout : Body Circuit

## WHO IS ELIGIBLE?

- Those diagnosed with depression or anxiety
- Resident of City of Sydney council area
- Aged 18 to 65 years

## CALL NOW TO BOOK

To book a place or to refer a client, please contact  
0412 190 842  
[info@moodactive.com.au](mailto:info@moodactive.com.au)