



WAYS TO 2020 WELLBEING



01

WHY BE ACTIVE

Working to improve our physical health through regular exercise, a healthy diet and sufficient sleep can keep us feeling strong, calm, focused and more resilient. 30 minutes on most days of the week is recommended and anything is a start! Take the dog for a walk, go for a run, kick a ball, dance, ride a bike, mow the lawn, do a yoga class or do some gardening. Find something you enjoy and do it regularly. Being Active can...

- Help you sleep better
- Increase your energy levels
- Improve your confidence
- Lift your mood
- Release stress and lower anxiety

CLIPS FROM OUR COMMUNITY

- ▶ Student leaders, past students Jed and Belle, Haylee from Headspace and CMC staff Get Active
- ▶ Yoga with Kate Watts and George - break up your study
- ▶ Jed's 3 favourite ways to keep active
- ▶ Nala Gets Active

[WATCH VIDEOS](#)

02

03

GET INVOLVED – PRIZES TO WIN!



Be Active: Click to upload a photo or video (no more than 10 seconds) of you 'being active' to be in the running to win a prize such as a gym memberships or \$50 sports store gift vouchers. We will put these clips together and make this accessible to our community next week.



Staff v Student Virtual Distance Competition: Who can clock the most K's - staff or students? 2-week challenge. Walk, run, ride or row - click here to log your K's or participation. Log a distance and be in the running for prizes including gym memberships and \$50 sports store gift vouchers.

[SIGN UP](#)

TOOLS & RESOURCES



Staying active for a healthy headspace



Sleeping well for a healthy headspace



Eating well for a healthy headspace



Reachout: 5 ways to wellbeing



CMC Wellbeing website

[VISIT WEBSITES](#)

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