

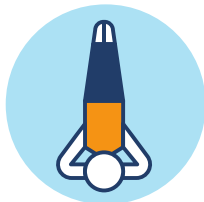
# Access To On-Demand Fitness Classes For ALL Abilities

Did you know the Everymind at Work app has lots of content on how exercise can benefit you both physically and mentally; as well as various exercise tutorials for beginners through to fitness fanatics!

## Informative Content

- The Power of Exercise •
- Exercise For Your Mental Health Not Just Your Physical Health •
- The Benefits of HIIT •
- What Does Exercise Do For Our Mental Health •
- No Time To Exercise? 6 Ways To Make Time In A Busy Schedule •

## Content To Get You Started



15 Minute Yin Yoga



HIIT For Beginners



Chair Yoga



6 Minute Ab Burn



Cool Down  
and Stretch



Low Impact  
Workout



10 Minute Guided  
Mindful Walk



20 Tips To Move  
More At Work

Search 'Physical Health' in the Everymind App to access more relevant content!

