

Move

IT CAN ONLY MAKE YOU FEEL BETTER!



JUST DO IT!

It is the ultimate New Year resolution and the reason we have to keep making it is because we don't stick to it. So the question is - why not? We clearly know we should but we go from zero to a hundred. "I will do nothing" to "I will run 5k five times a week" This year, let's move more. Step more, walk more, wash the car more, garden more and not make all the excuses above! If our new habit is to move more ...we can all do that and stick to it!