SUFFOLK
HOW ARE
YOU?

Good Mood Moves

"Find out what exercise you enjoy and it will be a treat, not a chore."

This Girl Can Suffolk Ambassador

@ThisGirlCanSuffolk

Try these apps

For more information visit

www.suffolkhowareyou.co.uk

BECAUSE THERE'S ONLY ONE YOU
SUFFOLK HOW ARE YOU?

Good Mood Food

Swap a chocolate bar (240kcal) for 2 satsumas (40kcal and one of your five a day).

Satsumas contain fibre which increases serotonin. Serotonin is a messenger chemical in the brain, which improves mood and how we feel.

Instagram or tweet your fruit and veg #5adaySuffolk and be in with a chance of winning a cookbook.

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