

# MOVE *for* RURAL MENTAL HEALTH



Move your body everyday for 7 days! Fill out the planner each day with what movement you have done.

BE SURE TO ENTER THE DAILY PRIZE DRAW!

	MONDAY August 21	TUESDAY August 22	WEDNESDAY August 23	THURSDAY August 24	FRIDAY August 25	SATURDAY August 26	SUNDAY August 27
MOVEMENT							
DAILY PRIZE THANKS TO:							
	<b>Torpedo7</b>	<b>SKELLERUP</b>	<b>4 FOUR SQUARE MACKENZIE</b>	<b>Instant Brands</b>	<b>Lakestone Lodge</b> Lake Pukaki, New Zealand	<b>KENWOOD</b>	<b>allbirds</b>
	Paddleboard <i>between \$699 to \$1299</i>	Family set of gumboots <i>\$400</i>	Four Square voucher <i>\$500</i>	Instant Pot Duo Nova <i>\$250</i>	2 nights for 2 people <i>\$1400</i>	2x Multipro Go's <i>\$299.98 each</i>	4 pairs of Allbirds <i>approx \$200 each</i>
IDEAS ON WHAT EXERCISE YOU CAN DO							
A 20-30 min *DediKate workout   Any form of cardio like a walk, hike, run, swim, cycle or row   A gym class or outdoor Boot Camp   An organised game of sport   A game with your family like backyard cricket, throwing a ball around, dancing etc   Skiing or snowboarding   Yoga, stretching or restful movement							
<i>*Get your 7 day free DediKate trial to give a DediKate workout a go! There's something for everyone from HIIT to at home weights, Yoga to Pilates, Cardio to Boxing and more!</i>							



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