



BALANCE IS THE MAIN THING



GO FOR A WALK OR GO JOGGING WITH A PARTNER ONCE A DAY. PUT ON WORK GLOVES, GET A TRASH BAG AND PICK UP ALL THE LITTER THAT HAS COME OUT FROM UNDER MELTED SNOW*.

*JOGGING WHILE PICKING UP LITTER IS CALLED PLOGGING (FROM SWEIDSH PLOCKA UPP AND JOGGA). WHEN PLOGGING, YOU CAN ALTERNATE RUNNING WITH BREAKS, WHICH MAKES FOR GOOD INTERVAL TRAINING. INTERVAL TRAINING IMPROVES ENDURANCE AND ENERGY LEVELS.

TEST THE LEVEL OF YOUR
MENTAL HEALTH VITAMINS AND
SEE OUR RECOMMENDATIONS
FOR BALANCE
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