

# fitness



'Work flow' depends on the **WELL-being** of your mind. Exercise triggers the release of **serotonin** in the brain, which improves your overall mood and helps to regulate your sleep cycle, so you are **full of energy** the next day.

Think positively, keep you heart in good shape and **burn those excess calories**.

## What you get:

- Increased mental function **(by as much as 25%)**
- Decreased possibility of obesity, diabetes, heart disease and other chronic conditions
- Better mental health and resistance to stress
- Increased satisfaction with life



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