



Wellbeing Fitness Challenge

STUDENT

Neuroscience has shown that with every new experience you have, your brain changes and that you can grow your brain’s abilities in all areas of your life. Just as you boost your physical fitness by regularly working out, the wellbeing fitness challenges stretch your abilities to grow your wellbeing.

ADVENTURE EAT

Variety Tasting – leaving my comfort zone and doing my body a favour by having a junk food free week and trying new tastes, fruits and vegetables; I might be surprised.

