

FEEL YOUR
**PERSONAL
BEST** 

PHYSICAL ACTIVITY IS CENTRAL TO GOOD MENTAL HEALTH

SMALL CHANGES CAN LIFT YOUR MOOD

We want to help you
#FeelYourPersonalBest
- everyone deserves
to feel the benefits
of physical activity.



Use the hashtag
#FeelYourPersonalBest
to share your story



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WHATEVER YOU DO, IT'S ABOUT MAKING TIME
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for Scotland's mental health

Public Health 
Scotland

sport
scotland

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