**Social Media Posts Fuel Your Brain and Reduce Stress with Exercise**

**Facebook:**

**1.** Did you know swimming is one of the best stress-reducing exercises you can do? LINK

**2.** Exercise is renowned for its health benefits, but did you know it’s particularly great at relieving stress? Our new blog tells you how to reduce stress through exercise, check it out here - LINK

**3.** Going for a hike is a great way to reduce stress and fuel your brain. The fresh air will do wonders for your mental and physical health LINK

**4.** While all exercise is great for reducing stress and enhancing mental clarity, some are much better than others. Check out some of the best stress-busting exercises you can do here LINK

**5.** When you exercise, you release feel-good endorphins. These really help to combat stress LINK

**Twitter:**

**1.** Feel too stressed to exercise? Here’s why pushing yourself could actually help LINK

**2.** Did you know some exercises are better than others at reducing stress? LINK

**3.** Feeling stressed and overly tired? Swimming could be just what you need LINK

**4.** Exercise releases endorphins, making you feel happier and much more relaxed LINK

**5.** A hike can be an excellent stress-busting exercise LINK