**Social Media Posts - Exercising Helps Stress & Anxiety**

**Facebook:**

**1.** Looking to ease stress and anxiety without medication? Exercise could be the answer LINK

**2.** Don’t suffer in silence – eliminating your stress and anxiety is easier than you might think. Here’s how exercise can help LINK

**3.** Regular exercise can do wonders for your stress and anxiety levels. It’s known to boost endorphin levels, leaving you feeling happier and calmer LINK

**4.** When you exercise, your mind is forced to focus purely on the activity. This helps you to forget your everyday stress, as well as lower anxiety LINK

**5.** Looking for tips to use exercise as a stress and anxiety reliever? Check out our new blog LINK

**Twitter:**

**1.** Here’s how exercise can help you combat stress and anxiety LINK

**2.** Exercise boosts endorphin levels, leaving you feeling calm and relaxed LINK

**3.** Releasing stress and anxiety is easy – all it takes is a little exercise LINK

**4.** Find an exercise you enjoy for maximum stress and anxiety relief LINK

**5.** Exercise forces your brain to focus on the activity, eliminating stress LINK