



## Body: be active

Regular exercise is the key to happiness - and a long, healthy life! That's because our bodies are designed to move and if we move often and for long enough, we produce endorphins - 'happy chemicals' that make us feel oh-so-good. Every time we exercise, our minds, as well as our bodies, feel great - and say a big 'thank-you' by becoming stronger and lasting longer. Just three minutes of exercise will elevate your mood!

## Get giggling

You don't have to run marathons or join the gym... Laughter yoga is a unique technique, developed by a doctor in India, that combines laughter yoga exercises with yogic breathing (pranayama). You don't need any special equipment and you can benefit, no matter what your fitness level is.

Follow the instructions and try this simple laughter yoga activity three times - with one or two others. Your mind doesn't know the difference between real and fake laughter so your body benefits either way.

Don't worry if you're not really laughing at first...as the professionals say, 'fake it, til you make it.'