

# Take a Moment

If you are feeling a wee bit out of sorts or tired, take a moment to focus on something that makes you smile – it can really help to improve your mood.



## SHARE YOUR PHOTOS & STORIES AND BE IN TO WIN

Don't forget to share your **Activities & Challenges** with us!

Send us photos OR tag us on Instagram OR Facebook using the hashtag **#zespriyoungandhealthynz** and you'll be in the draw for our weekly prizes during the **5-week Virtual Adventure**.



**FOLLOW US AND NEVER MISS A THING!**



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