What does wellbeing project do

A beep test

How does it improve wellbeing

Exercise causes your brain to release 'feel good' chemicals like endorphins and serotonin that help improve your mood. It also improves your fitness, which can help lift your mood. Doing physical activity can also distract you from negative thought patterns.

What if questions?

What if I wish to improve my aerobic power by a certain percentage?

How does the time of day affect my results? What if I train in the morning compared to the evening?

What if I wish to be able to achieve a score of 7.5 on the beep test

What if I wish to be able to improve my time by a percentage?