

Hips & minds

don't lie

Aviva Wellbeing



Hello,

Sitting all day without movement can lead to fatigue. Thankfully we have the perfect antidote!

Try one of these quick workouts, with plenty of tips for your hips or ways to put less strain on your brain. They will only take a moment from your day and could lead you to feeling more energised.



Grateful glutes & happy hips

Ditch your desk by working your hips and glutes, which can stop pain caused by sitting for too long.

[Learn more](#)



Reframe your brain to be more positive

Try a simple meditation of repeating positive messages. A great place to start with meditation!

[Learn more](#)



Add some hustle to your hip muscles

It's all too easy to add pressure to your hips when sitting. Working them is important to your body.

[Learn more](#)



Enjoy some space from your workspace

Problems arise when you are overloaded and feel overwhelmed. Why not take a 10-minute break?

[Learn more](#)

If you have any questions or experience any issues with the Aviva Wellbeing app, please email us at avivawellbeinghelp@aviva.com.

The Aviva Wellbeing Team

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