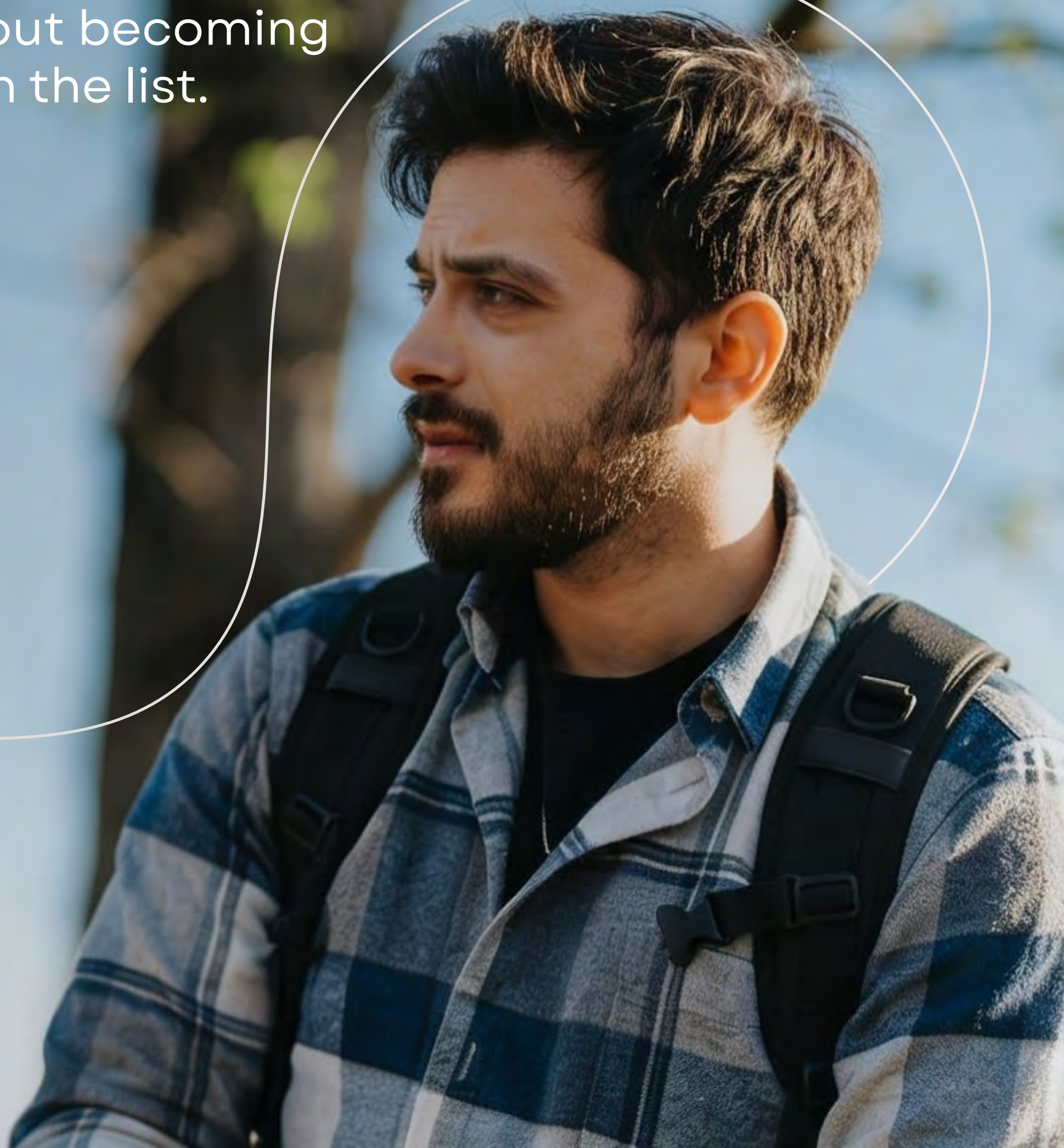
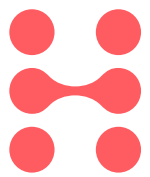




When tired feels less like a state and more like a setting.

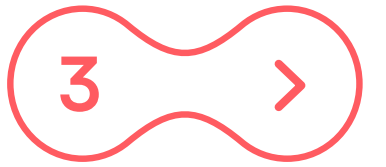
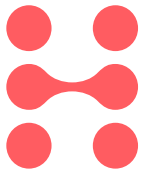
Small movement habits that ease the slump, without becoming another thing on the list.





Tired isn't always about how you slept.

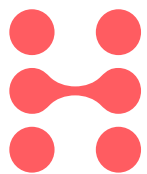
Long stretches of sitting, low-grade tension, and the same room all day can flatten your energy on their own. Movement is one of the few things that pulls you out of it without needing a full reset.



You don't need a workout. Just a reason to stand up.

A short walk after lunch. A stretch while the kettle boils. Taking a call on your feet. None of it looks impressive. All of it interrupts the slump that builds while you're still.

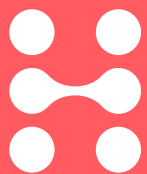




It adds up faster than you'd expect.

Five minutes here. Ten there. By the end of the week, your body is moving more, sleeping a little better, and carrying less of the stiffness you'd normally just accept.

Small habits, real difference.



It starts smaller than you think.

Contact **HealthHero** today for more support and advice.

We're with you every step of the way.