

Happy Hour

Is employee Mental Health important to you?

Join Snap Fitness and businesses - big and small - in a movement towards healthier, more balanced days, and give your team a Happy Hour for Mental Health Month this October.

Shut your office or work site for an hour everyday and give your employees back some time to prioritise their mental health through movement.



All funds raised will go directly to LIVIN to fund education back into schools.

For more information scan the QR Code.

Why Happy Hour?

1. Research shows that people who exercise regularly have better mental health and lower rates of mental illness.
2. Exercise can boost mood, concentration and alertness; and promote a more positive outlook on life through the release of feel-good chemicals such as serotonin and endorphins.
3. Almost half of working-age adults spend much of their work day sitting.