



## HANNAH ROTONDO

**PROJECT TOPIC:** EXERCISE AND THE EFFECTS ON YOUR MENTAL HEALTH AND SOCIAL WELL-BEING.

**RESEARCH TOPIC:** THE FACTS ON HOW PHYSICAL EXERCISE CAN IMPROVE YOUR MENTAL HEALTH.

**FIELDWORK:** BODY TRAINING AND HEALTHY TRAITS TO UPLIFT THE MIND IN THE GYM.

**MY FINAL RESULT:** I AM GOING TO MAKE A WEEK LONG WORKOUT PLAN WITH EXERCISES AND HEALTHY ALTERNATIVES FOR SNACKS AND MEALS FOR PEOPLE TO MAKE AT HOME.

