



MENTAL HEALTH & EXERCISE

Why is exercise impactful on your mental health? Mental Health includes our emotional, psychological and social well-being. It affects how we think, feel and act and helps determine how we handle stress, relate to others and make choices. Exercise is activity requiring physical effort, carried out to sustain or improve health and fitness. When you exercise by lifting weights, running, walking, cycling, hiking or anything that causes the heart rate to elevate, you are working to create a healthy body.



Top 10 Ways Exercise Impacts Your Mental Health:

1. Reduces stress
2. Boosts happy chemicals
3. Improves self-confidence
4. Increases exposure to Vitamin D
5. Prevents cognitive decline
6. Reduces anxiety
7. Helps improve sleep quality
8. Helps increase productivity
9. Keeps bones strong
10. Reduces fall risk

