The Mental Health Benefits of Exercise

Reduced Stress
Physical activity reduces the levels of your body's stress hormones

Better Sleep
Exercise can help regulate your sleep patterns and reduce the time it takes to fall asleep

Improved Memory
Endorphins can help you concentrate and feel mentally sharp

Higher Self-Esteem
When exercise becomes a habit you may feel more confident

More Energy
Increasing your heart rate and boosting oxygen circulation in your body can make you feel more energized

Physical exercise is good for both your body and mind. Exercise can **improve mental health** by **reducing anxiety, depression**, and **a negative mood**. Find an **activity** you enjoy and incorporate it into your routine for **a mind and body boost**.

Stronger Resilience
Exercise is a healthy way to build resilience and cope with mental or emotional challenges instead of turning to negative behaviors

Mood Boost
Exercise triggers mood-boosting chemicals in your brain that are responsible for feelings of happiness

Source: Zywave Inc.