



Friday Facts

December 17, 2021

Exercise

There are numerous health benefits to getting your body moving. Not only are there physical benefits, but it can improve your mental health and mood.

Exercising helps reduce feelings of anxiety and depression, helps prevent and manage stress, and promotes mental well-being.

According to MayoClinic.org, feel-good endorphins are released when you exercise, as well as natural cannabis-like brain chemicals and other natural brain chemicals that can enhance your sense of well-being. It also helps take your mind off your worries, helping you break that cycle of negative thoughts.

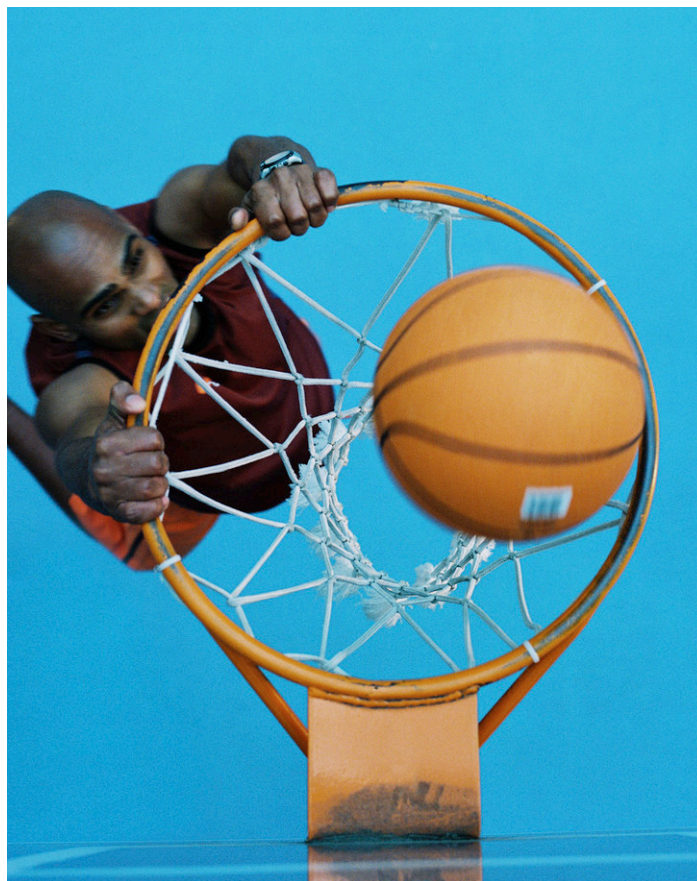
Other perks of exercising include psychological and emotional benefits, like:

- Gaining confidence by meeting goals or challenges. Getting in shape can also help you feel better about your appearance.
- Getting more social interaction.
- Coping in a healthy way. When times are tough or depression/anxiety have you down, physical activity can help improve your mood and manage your feelings.

Adults should try to be physically active for at least 2.5 hours each week (around 30 minutes 5 days/week) at a moderate level. Be sure to include stretching and flexibility activities

to keep muscles and joints healthy and decrease the risk of injury.

Shake it up! Vary your activities to decrease boredom and to keep your body guessing. "No pain, no gain" is a myth! Do activities/movement that you enjoy, such as dancing, bowling, basketball, yoga, weight-lifting, walking, biking, etc. The key is to develop healthy lifestyle activities and habits.



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