

Benefits of Physical Activity on Mental Health

BY: Adrienne Moody

Physical Activity Improves Mental Health in Many Ways



Reduce feelings of depression and stress



Enhance your mood and overall emotional well-being



Increase your energy level



Improve sleep



Mental Health issues are on the rise on the US

- 1 in 5 us adults experience mental illness
- 1 in 20 us adults experience serious mental illness
- 49.5% of adolescents have had a mental health disorder at some point in their life.

**Provides opportunities to work on one's
Mental Health**





Form a Schedule



Helps find time in your day for activities like exercise



Build the habit



Check your screen time

All Movement is Good Movement

A low-angle, close-up shot of a person's feet running on a track. The runner is wearing dark-colored running shoes with a prominent white, grid-like tread pattern on the soles. The background is blurred, showing the curved lanes of a running track, which emphasizes the motion and speed of the runner.

30 Minutes of exercise at moderate intensity for 3 days a week is sufficient

- Housework = mild workouts
- Exercise can be intimidating

Exercises for better mental health

MAKE IT FUN!!

- Running
 - Walking
 - Swimming
 - Outdoor exercises (Get that SUN!!)
 - Weightlifting
 - Bouncing on a trampoline
- Yoga
 - Pilates
 - High Intensity Interval Training
 - Boxing and Martial Arts
 - Resistance training
 - Various different sports

References

- “Benefits of Physical Activity.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 16 June 2022, <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>.
- “Benefits of Physical Activity.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 16 June 2022, <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>.
- Department of Health & Human Services. “Exercise and Mental Health.” *Better Health Channel*, Department of Health & Human Services, 18 Sept. 2015, <https://www.betterhealth.vic.gov.au/health/healthyliving/exercise-and-mental-health#why-does-exercise-make-us-feel-better-mentally>.