Benefits of Physical Activity on Mental Health

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Physical Activity Improves Mental Health in Many Ways

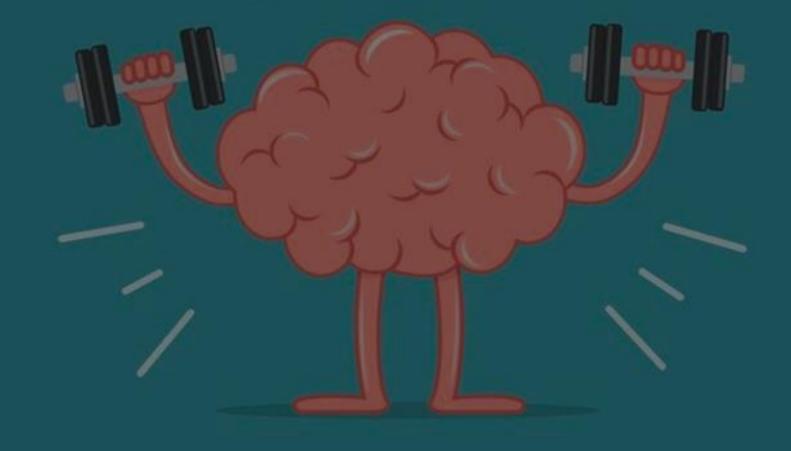




Mental Health issues are on the rise on the US

- 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

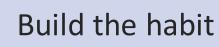


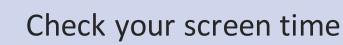
Form a Schedule



Helps find time in your day for activities like exercise







All Movement is Good Movement

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