

# Six Types of Exercise to Boost Mental Health



Doctors across the nation prescribe exercise as a remedy for all kinds of health conditions. From reduced anxiety to clearer thinking and increased self-esteem, working out can be a great way to improve mental health and overall well-being. But finding the right kind of exercise and environment can be vital to reaping the psychological rewards of getting sweaty. Here are a few ideas or activities to try:



## WALKING

Low-intensity aerobic activity is one of the best forms of exercise for encouraging positive thoughts and improving alertness.



## YOGA

Yoga is a low-impact option for movement where most people can participate. It also is beneficial for mental health in the way it uses breathing.



## BICYCLING

Cycling has numerous benefits including improved sleep, and memory, also reduces stress. It's also low-impact, easily accessible and fun.



## DANCING

It's hard to have a dance party without a smile, so beyond being a mood-lifter, it's also great exercise and allows your body to release endorphins.



## GARDENING

Gardening combines physical activity with social interaction and exposure to sunlight. Sunlight lowers blood pressure as well as increasing vitamin D levels. Plus the fruit and vegetables grown have a positive impact on the diet.



## SWIMMING

Swimming is a low-impact, non-weight-bearing option for movement. People have reported a mental health boost from by incorporating just 10 minutes of swimming into their daily routine.

### References:

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