

The Link Between Physical Activity & Mental Health



The benefits of physical activity are endless. Beyond affecting your physical health, your brain and mental wellness are also profoundly impacted. Many people find physical activity is an important component of maintaining good mental health. This comes as no surprise as being active releases chemicals in your brain that make you feel good. Some of the benefits of physical activity include:



LESS STRESS

Physical activity often equates to less tension, stress, and mental fatigue because endorphins suppress stress.



MORE ENERGY

When exercising, your body increases hormone production which leads to more energy.



BOOSTS MOOD

Exercise stimulates the production and release of mood-enhancing endorphins.



ACCOMPLISHMENT

By setting an exercise routine and sticking to it gives a feeling of accomplishment as you experience the results.



INCREASE FOCUS

Physical activity improves the body's ability to use oxygen and also improves blood flow which leads to clarity and feeling more focused.



BETTER SLEEP

Exercise reduces the time it takes to fall asleep and decreases the amount of time spent laying awake during the night.

References:

sleepfoundation.org/physical-activity/exercise-and-sleep
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