

The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



Reduce feelings
of depression
and stress



Enhance your mood
and overall emotional
well-being



Increase your
energy level



Improve sleep

To learn more about the benefits of exercise visit www.nia.nih.gov/exercise.

Essentials Of Physical Activity

Clemens Wendtner



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