

Exercise and Mental Health

Boost Happy Chemicals

Exercise releases endorphins which create feelings of happiness. Studies have shown that exercise can even alleviate symptoms among the clinically depressed.

Reduce Stress

Exercise increases concentrations of norepinephrine, a chemical that can moderate the brain's response to stress.

Improve Self-Confidence

On a very basic level, physical fitness can boost self-esteem and improve positive self image.

Enjoy the Outdoors

Vitamin D acquired from soaking up the sun (while wearing sunscreen of course) can lessen the likelihood of experiencing depressive symptoms.

Prevent Cognitive Decline

Diet and exercise can help shore up the brain against cognitive decline that begins after age 45. Working out, especially between 25 and 45, boosts chemical in the brain that support and prevent degeneration of the hippocampus, an important part of the brain for memory and learning.

Alleviate Anxiety

The warm and fuzzy chemicals that are released during and after exercise can help people with anxiety disorders calm down.

How can exercise help you?



Be More Productive

Research shows that workers who take time for exercise on a regular basis are more productive and have more energy than their more sedentary peers.

Increase Relaxation

For some, moderate workout can be the equivalent of a sleeping pill, even for people with insomnia.

Sharpen Memory

Regular physical activity boosts memory and the ability to learn new things by increasing the production of cells in the hippocampus responsible for memory and learning.

Boost Brainpower

Various studies have shown that cardiovascular exercise can create new brain cells (aka neurogenesis) and improve overall brain performance.

Brains and Gut Link



increased likelihood of **depression** in women who regularly consumed a diet high in **refined** or **processed foods** and saturated fats.

reduction in the risk for **major depression, dysthymia, and anxiety disorders** by women who regularly consumed a **whole diet** consisting of vegetables, fruit, whole grains and meat and fish.



higher likelihood of **good functional health** by eating **two more servings** of fruit and vegetables a day.