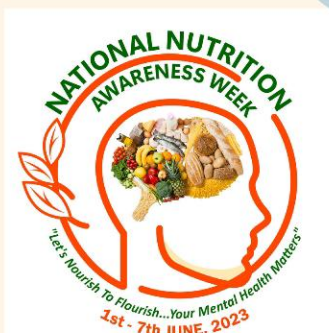


# 5

# BENEFITS OF PHYSICAL ACTIVITY ON MENTAL HEALTH



## 1. Reducing anxiety & depression

Running for 15 minutes a day or walking for 1 hour can reduce anxiety and depression by 26%. Daily stretching helps increase flexibility and range of motion, prevent injury and improve circulation.

## 2. Improve self-esteem

Exercise has been shown to improve self esteem and foster a sense of self worth. Incorporate a few minutes of stretching into your daily routine to reap these benefits. Physical activity has numerous health benefits including reduced risk of chronic disease, improved mood, and better sleep.

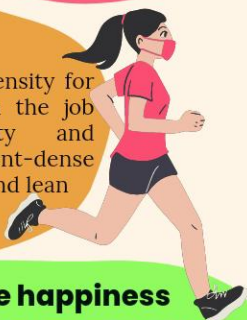


## 3. Stress management

Exercise reduces circulating levels of stress hormone like cortisol. Practicing mindfulness – such as meditation and deep breathing – can help reduce stress and anxiety, improve mood, and promote relaxation. Incorporate these practices into your daily routine.

## 4. Improve cognitive function

Exercising for 30-40 minutes at moderate-intensity for 3-4 times weekly has shown to improve on the job performance by increasing productivity and effectiveness. Also, eating a variety of nutrient-dense foods, such as fruits, vegetables, whole grains, and lean proteins, can help fuel your body, support your immune system, and prevent chronic disease.



## 5. Improve happiness

Regular participation in physical activity can increase levels of hormones like dopamine and serotonin, which makes us feel happy.