



EXERCISE AND MENTAL HEALTH

Your brain benefits in several ways from engaging in regular physical activity and exercise.

- Meeting the 2018 Physical Activity Guidelines of 150 minutes of moderate to vigorous intensity exercise a week is associated with reduced risk of depression for adults.
- Developing healthy exercise habits might decrease your risk of dementia.
- Exercise can also improve your mood and reduce your levels of anxiety.
- Regular exercise and physical activity is associated with improved quantity and quality of sleep, helping your brain function properly.
- Exercise can help your body can handle day-to-day stress in a healthier manner.

Remember: engaging in just a single workout session can also provide immediate benefits!

Talk with your doctor before significantly increasing your activity level. Ask about the amounts and types of activities that may be best for you.

