

Regular Exercise Reduces Your Mental Health Risk By 43%

Mental Health Benefits of Exercise

While physical exercise is known to be good for your body, it can also help your mind. Research continues to validate that exercise can improve mental health by reducing anxiety, depression and a negative mood. People who exercise regularly often report having better mental and emotional well-being. *Consider the following mental health benefits of exercise:*

- Mood boost
- More energy
- Better sleep
- Reduced stress
- Improved memory
- Higher self-esteem
- Stronger resilience

