

The exercise effect.



Fitness gives you all the feels.

Everyone knows that exercise is great for you physically – protecting your body against a host of diseases and ailments. It’s also great for you mentally. Regular exercise can help combat depression, anxiety and everyday stress.*

When we exercise, we release endorphins, and a high-intensity activity, like running, is what gives people that euphoric feeling, or a “runner’s high.”* But the key to a consistently better mood is actually low-intensity exercise that’s done routinely. Aim for 30 minutes three to five times each week.*

Need ideas to get started? Try these out.



Walk and talk

Grab a coworker or neighbor and go for a brisk walk. Create a meeting reminder and keep each other accountable.



Get into gardening

Choose a few easy-to-grow veggies and plant a garden. Maintaining it will help keep you active and outdoors



Say yes to yoga

Gentle yoga classes are a great way to promote relaxation, reduce stress and create that mind-body connection.**



Head on a hike

Not only are you moving your body but being out in nature can have a positive effect on your mind.**

*HelpGuide. “The Mental Benefits of Exercise.”

<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>. Page last reviewed October 2020.

**Harvard Health Publishing. “Yoga for Better Mental Health.”

<https://www.health.harvard.edu/staying-healthy/yoga-for-better-mental-health>. Page last reviewed May 18, 2021.