



9 WAYS THAT EXERCISE WILL IMPROVE YOUR MENTAL HEALTH!

People who exercise regularly have better mental health and emotional wellbeing, and lower rates of mental illness. Exercise is important for people with mental illness – it not only boosts our mood, concentration and alertness, but improves our cardiovascular and overall physical health.

1) INCREASES HAPPINESS

The mental health benefit of exercise is that it helps in releasing “happy chemicals” called endorphins, similar to pain medicine but it can interact with your neurotransmitters. These endorphins are naturally released by exercising regularly because it can reduce depression and increase or boost happiness.



2) REDUCES STRESS

The main ability to reduce physical and mental stress is to exercise. Hitting a gym or working out at home can have a robust release of the stress chemicals that can help the brain with moderate stress.

Also, putting your body under physical stress on a regular basis teaches your body how to recover and adapt to stress both mentally and physically.

3) GIVES BETTER SLEEP

Because your body's need to recover from exercise obviously makes your brain extremely tired and helps you get a sound sleep at night. You should know that a human body recovers at night when a person sleeps well.

This can be the most profound effect of recovery from training or workout sessions enhancing the mental health benefits of exercise. Without proper sleep, your body cannot respond actively during your fitness journey.



4) GAINS SELF CONFIDENCE

You get to gain more confidence both in and out of the gym as your social skills get a leading workout which will help you to carry over other aspects of your life like career or **improving your self-image and self-talk** etc. which increases the perception of self-worth.

5) INCREASES COGNITIVE FUNCTION

As we get older, our cognitive functions tend to decline. Regular workouts can affect your brain or its part at any age where the brain's function must be improved. This helps us to retain new information.

6) ALLEVIATES ANXIETY

Exercising has been more successful in alleviating anxiety than a bubble bath. The mental health benefits of exercise in reducing the feeling of anxiety because it releases endorphins gives your mind something to focus on and keeps your breath steady.

anxiety



7) PROVIDES MORE ENERGY

Our blood flow gets increased, adding mental health benefits of exercise which in further helps carry oxygen and other nutrients to the muscles making it more alert and energized. **People who do workouts regularly are generally more productive in their personal and professional life.** This increases their positive speech with a great effect on the perception of feeling awake and energized. It also helps them to focus more on **healthy nutritional choices** and avoid unhealthy food habits at the same time.



8) TAPS INTO CREATIVITY

A heart-pumping training session at the gym can boost creativity for up to two-three hours afterward. Supercharge post-workout inspiration is gained by exercising outdoors and interacting with nature.



9) DEVELOP AND STRENGTHEN PERSONAL RELATIONSHIPS

The wonderful mental health benefits of exercise are to find quality time to spend more together with your loved ones such as a friend or a partner and keep each other motivated. In addition to this, people will seek out others who have the same interests. This can develop and strengthen interpersonal relationships with a great deal of impact on mental health and helps in succeeding in your goals.



IN SUMMARY

Set attainable goals and make your workout something you enjoy. You'll reap the most mental health benefits from exercise if you find something you enjoy doing and maintain the habit long-term. Start by simply going for a 20 minute walk everyday. As you progress, begin adding strength training into your regimen. **For workout routines and tips, please join our Melton Wellness Facebook group "Melton Torqued"!**