Movement Gives Your Mood A Boost

Regular movement can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better.

Research has shown that doing aerobic or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you these mental health benefits. Some scientific evidence has also shown that even lower levels of physical activity can be beneficial.

Engaging in regular movement impacts psychological and emotional health, as well.

► Confidence booster

Whether it is setting a goal to walk further, complete a 5K run, or simply to exercise daily, exercise offers an opportunity for individuals to work towards and reach goals. Experiencing success boosts self confidence and elevates mood.

► Connecting with others

Moving your body provides opportunity to meet new people and interact with current friends and acquaintances in new and different ways. Something as simple as exchanging a greeting or getting a wave from a friend instantly boosts mood.

► Mental distraction

Moving your body gives your brain a timeout and a chance to stop thinking about the worries and challenges of the day. This relaxes the body and reduces anxiety and tension leaving you feeling more relaxed and having a brighter outlook.

► Endorphin rush

Movement elicits the release of feel-good chemicals by the brain. These important compounds trigger a positive feeling in the body and diminish the sense of pain. Endorphins, released during exercise, leave us with a positive and energizing outlook on life.