Be Fit

IMPROVE your mood with EXERCISE

You probably know that exercise has many health benefits. It can reduce your risk of heart disease, type 2 diabetes, and even cancer. But, did you know it can also help your mental health?

Studies have shown that regular exercise such as walking can improve your mood, according to the American Psychological Association. And it doesn't take long to feel the effects. Within just a few minutes of starting that walk, many people report more positive mental health. It has also been shown to improve mild to moderate depression.

If that's not enough, the APA also says exercise can help people who have anxiety. Regular exercise can help your body calm the "fight-or-flight" feelings that occur when someone gets anxious or overly stressed. And, it can help combat everyday stress by releasing chemicals called endorphins. These effects also help you sleep better, which can help you feel better mentally.

With all the benefits of exercise, get moving!