



KEEP ACTIVE

Staying Active is a Powerful Tool for Improving Mental Health

Exercise is not just about aerobic capacity or muscle size. While exercise is important for physical health, it can have a profoundly positive impact on your mental health as well. Exercise reduces levels of the body's stress hormones in addition to releasing endorphins, which are chemicals in the brain that improve our mood. This means that regular exercise is a natural way to greatly improve our mental health.

No matter your age or where you are on the fitness spectrum, even modest amounts of exercise can help:

- ✓ Relieve stress
- ✓ Improve memory
- ✓ Increase energy
- ✓ Improve sleep
- ✓ Boost mood and self-esteem
- ✓ Reduce symptoms of anxiety

Tips to Get Moving

- **Make it a priority:** Whether you do something in the morning, during lunch, in the afternoon, or in the evening, invest in yourself and make room in your daily schedule for activity
- **Make it a family event:** If your family is at home with you, make it a group activity; go for a walk together, pick a fun dance to learn, or try a new exercise challenge as a group
- **Take frequent breaks:** Make a point of getting up for 5 to 10 minutes every hour to stretch and move your body
- **Use every activity as a reason to move more:** Find opportunities to move more in everything you do, like doing chores at a brisk pace, taking the long route to the mailbox, walking around the house while on the phone, or doing seated chair exercises
- **Use what you have:** You do not need fancy equipment or a lot of space to get moving; try body weight exercises like sit-ups or push-ups or add weight with household items like canned goods; choose simple activities that you can do anywhere like yoga and walking/running
- **Look online:** There are thousands of resources online to help you ; whether you need guidance on how to properly do a body weight exercise or you want to find a new workout to try, look online for ideas
- **Make it fun:** Exercise should be something you enjoy; try different activities until you find one that you enjoy and will make you want to get moving

Resources

<https://www.helpguide.org/articles/healthy-living/exercise-during-coronavirus.htm>

<https://www.exosathome.com>

An interactive web experience that provides guidance and motivation

<https://www.youtube.com>

Browse or search thousands of channels for free at-home workouts