“I feel stressed and exhausted most days. Can exercise help improve how I feel?”

Physical activity is important to have a healthy heart and managing weight, but it can also benefit your mental health and wellbeing.

Physical activity releases endorphins, or “feel-good” hormones, which make you feel good, boost energy, and can improve sleep.

Mental wellbeing does not have a single definition, but it does include things such as:

- Feeling good about yourself and being able to function well on your own and in groups.
- Dealing with ups and downs, or coping with challenges and making the most of opportunities.
- Feeling connected to our community and surroundings.
- Having a sense of purpose and feeling valued.

Important mental health benefits of physical activity can include:

- increased energy and positive mood
- reduced stress
- deeper relaxation
- improved mental clarity, learning, memory and cognitive functioning
- enhanced creativity
- improved social health and relationships
- higher self-esteem
- increased spiritual connection

You do not have to go to the gym for an hour a day to feel the benefits of physical activity. Even a short 10 minute walk increases your mental alertness, energy and improve your mood.

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