Fitness and Mental Health

Regular physical activity has been shown to improve mental health. Even 30 minutes of moderate exercise a day can provide a great improvement!

How does fitness improve my mental health?
- Reduce stress
- Improve memory
- Relieve anxiety
- Delay Alzheimer’s
- Boost endorphins
- Alleviate depression symptoms
- Increase productivity & creativity
- Substitute addiction
- Improve social skills & self image

What kind of exercise?
Regular exercise can improve mental functions. Aerobic exercises, flexibility exercises, or strength training for at least 30 minutes a day can help! Even a small change can make a big difference on your mental health. Be careful not to over exercise!