Exercise and your mental health

Research has shown that exercise decreases anxiety and risks associated with depression

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*Exercise* increases levels of serotonin

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**Serotonin**: (Noun) A chemical produced by the brain that functions as a neurotransmitter responsible for brain function, and reducing irritability, anxiety and depression

**Physiological** benefits from exercise:
- Blood vessels constrict
- Heart rate decreases
- Blood pressure decreases

These effects on the body cause

**Mental** benefits:
- Decreases anxiety
- Decreases depression
- Reduces stress

*Chemicals* in the brain that are released during exercise: serotonin, norepinephrine, endorphins, dopamine

These make you feel **HAPPY**

Exercise and **Cognitive Function**:
- Prevents decline later in life
- Also therapeutic for those with current cognitive disabilities
- Proven that individuals with dementia who exercise show improvements for brain function and behavior

*Exercise is good for your body AND mind*