

BENEFITS OF Physical Activity

We've heard it over and over again: exercise is good for you. But, do you know how or why exercise is good for you? Here is a quick overview of some of the benefits exercise has on our bodies as well as on our minds.

01 REDUCED ANXIETY & DEPRESSION

When we exercise, our bodies release endorphins. These natural brain chemicals enhance the sense of well-being. Therefore, when endorphins are released, anxiety and depression can be eased.



02 IMPROVED SLEEP

There are several ways exercise improves sleep. First, due to the ease of anxieties and depression thanks to endorphins, our minds are calmer. This in turn helps keep the brain quiet when we try to fall asleep. Second, moving our bodies expends energy, which leaves our bodies physically tired. Lastly, working out has been shown to boost deep sleep. It can leave you feeling better rested.



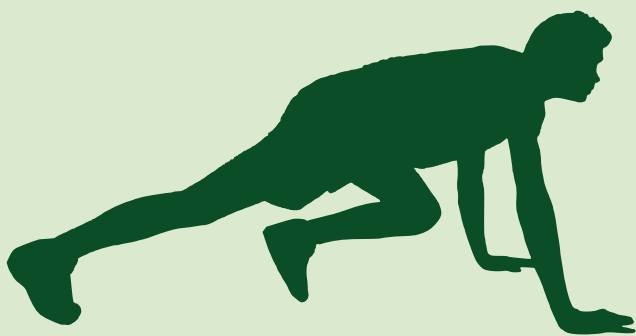
03 LOWERED RISK OF DISEASE

Exercise has been shown to lower the risk of death from all causes of cardiovascular disease, type 2 diabetes, cancer, and many other health problems.



04 IMPROVED QUALITY OF LIFE

It goes without saying that when our bodies and minds feel good, our quality of life increases. Exercise can improve your quality of life since it has been shown to have multiple physical and mental benefits.



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