

EXERCISE:

GOOD FOR YOUR
MENTAL WELL-BEING, TOO!



You don't have to join a gym! Aerobic exercise (jogging, swimming, cycling, walking, gardening and dancing) **can reduce anxiety and depression**

Benefits may include:

- Improved mood and cognitive function
- Alleviated symptoms of low self-esteem and social withdrawal
- Lower levels of mood, anxiety and substance use disorders in adolescents
- Improved sleep
- Reduced stress
- Increased energy, endurance and stamina
- Weight reduction
- Reduced cholesterol and improved cardiovascular fitness

Make exercise a part of your routine to ensure your body and mind are healthy.

**YOUR WELL-BEING IS OUR TOP PRIORITY.
TO FIND OUT HOW WE CAN HELP, CALL US TODAY.**

Source: National Institute of Mental Health
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