

the benefits of



# EXERCISE

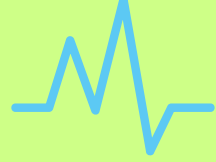
*Mental Health*

## MENTAL HEALTH: *n.*



a state of well-being in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively ...and is able to contribute to their community

## EXERCISE: *n.*



any movement that results in energy expenditure above its resting rate (see also: physical activity)

150 15

minutes of exercise per week per the recommendation of Canadian Society Exercise Physiology

% of Canadian adults who meet the recommended amount of exercise



Exercise doesn't have to be in a gym! Physical activity in a less structured environment has also been shown to have significant health benefits

## WHAT CAN EXERCISE DO FOR YOU?

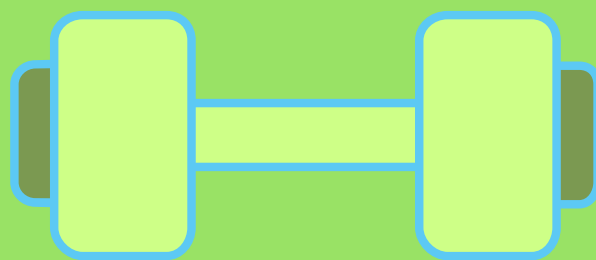
mood  
self-esteem  
social involvement  
quality of sleep  
energy  
memory  
concentration

dementia  
alzheimers  
stress  
anxiety  
negative impact of life events  
tension  
anger

## HOW DOES IT FIGHT MENTAL ILLNESS?

1  
2  
3  
4

- prevents poor mental health
- improves mental health
- treats mental disorders
- improves the quality of life of people with mental illness



## YOUR BRAIN ON EXERCISE

### ANXIETY

relieves stress, relaxes muscles, reduces the risk of panic reactions in anxiety patients when they are faced with "fight or flight" situations

### ADHD

improves concentration, motivation and memory, by increasing dopamine, norepinephrine and serotonin

### PTSD

can help you begin to move out of the the immobilization stress response that characterizes PTSD and trauma

### DEPRESSION

exercise can treat mild to moderate depression, as well as prevent relapse through improved sleep and endorphins

### DEMENTIA

analyses show a protective effect of physical activity against Alzheimers as well as all forms of dementia combined

The best exercise is the kind you love!

Do something good for yourself today.

## BARRIERS

*to exercise and how to fix them*



1. can't afford it
2. don't have time
3. not motivated



1. walk, run, or do online videos
2. multitask! commute on bike or dance while cleaning
3. find something you love !

GET UP

GET MOVING

GET BETTER

ev o'driscoll 2016

- [www.mindingourbodies.ca/about\\_the\\_project/literature\\_reviews/physical\\_activity\\_and\\_mental\\_health/](http://www.mindingourbodies.ca/about_the_project/literature_reviews/physical_activity_and_mental_health/)
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- <http://ontario.cmha.ca/network/the-gold-standard-getting-physical-for-mental-health/>
- [www.helpguide.org/articles/exercise-fitness/emotional-benefits-of-exercise.htm](http://www.helpguide.org/articles/exercise-fitness/emotional-benefits-of-exercise.htm)
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