

How Exercise can Improve Your Mood at Work

Regular exercise has been proven to be effective in the prevention and management of health conditions such as heart disease, obesity, and diabetes. It is also known to improve one's mood, making you feel better about yourself. Physical activity is also beneficial in the fight against depression as chemicals that boost your wellbeing are released during a workout session.

There are many well-known benefits of exercising regularly- studies show that improved productivity at the workplace is one of them. Exercise has an enormous impact on your mood. It is thought that exercise is just as effective as over the counter antidepressants.

Here is how exercise can improve your mood at work:

Physical Health

Your overall work-ability depends on your physical health and not exercising regularly can take a toll on your health. Exercising can help reduce the risk of certain medical conditions resulting in improved cardiovascular health which leads to a greater degree of stamina to meet the demands of your job. It reduces the risk of getting injured on the job, allowing you to meet expectations.

Mental Health

Improved mental health is proportional to productivity in the workplace. Regularly exercising for about thirty minutes a day can help curb feelings of anxiety and depression. Serotonin is released when you exercise which improves the state of mind, making it easier to handle pressure and stress on the job. Serotonin is a neurotransmitter in the brain which stimulates mood and emotion. Stress is common at the workplace- with suitable exercise you will be able to constructively deal with stress and this can lead to improved relationships with co-workers.

Alertness and Energy

Exercise improves your mood at work by making you more alert thereby contributing towards productivity. The influx of blood flowing to the brain increases when you exercise. This keeps you sharp and aware enabling you to tackle problems or tasks effectively. BDNF or brain-derived neurotrophic factor boosts your cognitive abilities and this protein is triggered by exercise.

Having more energy makes you feel more awake which in turn ensures that you are on top of your game enabling you to work correctly to the best of your ability. Simple exercises such as walking during your lunch hour or taking the stairs instead of the elevator can make you feel energetic. Make sure that you take as

many opportunities during the day to find small ways to exercise at the workplace.

Fitness in Nashville is just around the corner! Regular exercise that includes running, weight lifting, power walking or jogging can reduce the risk of developing certain kinds of illnesses and diseases. With an improved immunity, you can minimize the chances of getting influenza or common cold which is quite common in offices. Exercise reduces the risk of developing Type 2 diabetes, obesity, hypertension and heart disease- all of which can meddle with your productivity at work! For more information, [click here](#).