



Mental Health Benefits of Physical Activity

Did You Know?

The “runner’s high” is a phenomenon that is often referred to when discussing endorphins.

This “high” refers to feelings of happiness, peace, and decreased pain. Not all runners experience this “high.”

However, this can be experienced through a variety of forms of physical activity that you enjoy.



Regular physical activity is associated with numerous mental health benefits including: better sleep, sharper mind, increased positive outlook and reduced stress.

Many changes occur in the body during physical activity. One of these changes is the release of endorphins, chemicals that promote feelings of well-being. Physical activity also increases body temperature, which increases and blood flow and provides more nutrients to the brain.

Below are even more ways that physical activity helps to improve mental health and well-being:

- **Better sleep-** Regular physical activity can help you sleep better, which will hopefully allow you to feel more rested and rejuvenated.
- **Sharper mind-** Being active also helps your brain and cognitive skills to stay sharp. Adults who are physically active have increased learning and judgment skills.
- **Positive outlook-** Regular physical activity can help you to have a more positive outlook on life, because it provides a sense of accomplishment and direction.
- **Stress relief-** Being physically active on a regular basis can help you to release tension and stress that may build up during the day.

Try to be physically active every day so that you can experience enhanced mental health benefits!