

# The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



**Reduce feelings  
of depression  
and stress**



**Enhance your mood  
and overall emotional  
well-being**



**Increase your  
energy level**



**Improve sleep**

To learn more about the benefits of exercise visit [www.nia.nih.gov/exercise](http://www.nia.nih.gov/exercise).

# Essentials Of Physical Activity

**CO Houle**



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