

## MOVEMENT & MENTAL HEALTH

How moving your body can improve your mind

Most people are aware of the benefits exercise can bring to our physical health, but did you know that it can also have a significant positive effect on your mind as well? From reducing risks to improving brain function, below are a few of the many ways moving your body can help improve your mental health.

### 1. Decreased risk of depression.

According to a study done by JAMA Psychiatry, "adding four hours of exercise a week could lower the risk of a new episode of depression by 17%." The study found that not only did high-intensity exercise, such as aerobics, help reduce your risk, but low-intensity exercise, such as yoga and tai chi, helps reduce your risk as well.

### 2. Improves brain health.

Much of the research done in recent years shows that even small amounts of physical activity can help keep your mind sharp and can significantly reduce your risks for dementia. One study by the American Academy of Neurology showed that consistent physical activity has the potential to lower your risk for dementia by 34%.

### 3. Improves sleep.

Another study done by John Hopkins Medicine states that moving your body each day can help prepare your body for a better night's sleep by helping to quiet your mind and stabilizing your mood. It can also increase the amount of deep sleep your body gets, which allows your mind and body the time it needs to recuperate.



### 4. Reduces anxiety.

There are various ways physical activity can help decrease anxious feelings, from providing a distraction from what is making you anxious to helping build up coping skills to combat future anxious feelings. According to Harvard Health, it also increases the production of neurochemicals, such as serotonin, that help regulate anxiety and stabilize your mood.

The beauty of any of the above benefits is that the effects can be immediate. And, they don't require you to commit to hours and hours at the gym each day. Whether it's a brisk walk, aerobics class, or a quick yoga session, find what works for you, and get moving on the path to an improved mind and body today.

### WE ARE YOUR HOSPITAL'S PROGRAM

We are your hospital's program, designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging.

### CONTACT US

If you or someone you know could benefit from this program, don't hesitate to get in touch with us. Call us today.