What Does Exercise Do For The Mind And Body?

Exercise leads to positive changes in physical and mental wellbeing. Here are six reasons to increase the amount of exercise that you get.

Exercise increases your energy levels
Increasing your physical activity will actually reduce feelings of low energy or fatigue. You can think of exercise as being like an elastic band in a child's toy: exercise 'winds up' the elastic band storing more energy in it.

Exercise leads to better sleep
Exercise has been shown to improve sleep quality. Exercise has even been suggested as an alternative or complimentary form of therapy for people who experience problems sleeping. Research suggests that doing exercise 4 to 8 hours before bedtime is likely optimal for improving sleep quality, although some exercise at any time of day seems to be beneficial.

Exercise increases self-esteem
People who take part in regular physical exercise tend to have a higher level of physical self-worth, improved body image, and a higher level of self-esteem. Physical exercise has been recommended as a treatment for adults with low self-esteem.

Exercise lowers your risk of death
Physical inactivity is estimated to cause 9% of all premature deaths. Research in the USA, suggests that women over 50 who change their physical activity status from inactive to active increase their life expectancy by between 1.5 and 3.5 years. For men the figure is 1.3 to 3.7 years.

Exercise lowers your risk of ill-health
Regular physical activity is strongly associated with a decreased risk of many serious health conditions including diabetes, stroke, and cancer. Often these health-related benefits occur in the absence of weight changes – so even if you don't lose weight you are still doing your health a favor!

Exercise improves your brain function
Exercise is shown to have a positive effect upon mental performance. Exercise has also been found to improve concentration, reduce levels of irritability, and may slow the deterioration in balance and mobility in patients with Alzheimer's disease.

PSYCHOLOGYTOOLS®