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## Mental Health Benefits of Exercise

### You'll be surprised to learn what exercise and fitness can do for you!

Do you think exercise is only good for developing a lean body, strong muscles and a st Well, think again about Health and Fitness! Physical activity has been shown to help w emotionally and mentally fit also.

While the majority of fitness research efforts focus on the physical and health benefits ( there is a growing body of work demonstrating that exercise promotes wellness and me Researchers at Duke University studied people suffering from depression for 4 months 60% of the participants who exercised for 30 minutes three times a week overcame the without using antidepressant medication. This is the same percentage rate as for thos used medication in their treatment for depression.

You don't have to be suffering from a clinical or diagnosed Mental Illness to get substai health benefits from exercise and fitness. One study found that short workouts of 8 mi could help lower sadness, tension and anger along with improving resistance to diseas people. Many people exercise to boost confidence along with reducing anxiety and str which contribute to psychological health and well-being. So, exercise can be viewed a preventative or wellness activity that may actually help prevent physical and emotional the way, even short bursts of activity help individuals feel better, which means that you spend hours at the gym to gain real mental health benefits.

Judith Easton, personal training director and instructor in mindfulness meditation at Ga in Chicago, noted one reason for the feelings of well-being that are generated during a exercise: the body's natural release of endorphins. These chemicals released by the b body's natural painkillers and can lead to an increase in feelings of happiness. "Exerci increase in energy and to better sleeping patterns, which may also explain why it is so people with depression. Low energy and poor sleep are common symptoms of depres

Clinical psychologist [Eliezer Margoles, Ph.D.](#) stated that feeling joyful and the pleasure one's body is very beneficial. He urged people to "take time out, and instead of saying say no to something else." He also cautioned against a "punitive mindset" in which son engage during exercise, viewing it as a task or punishment instead of a pleasure. Inst recommends that you view movement as an affirmation of living and a function to main

Meditation and yoga, though more nontraditional, also lend themselves to using the bo optimal levels of mental health. Both "answer the need to have down time along with tl quiet down and look within" according to Judith Easton. This is especially important, si because "in the year 2000 people absorb more information in one day than a person in absorbed in an entire lifetime". Easton noted that "technology, including cell phones, fa computers, along with the mentality of moving quicker and constantly doing things, ten people forgetting that this inward focus is necessary and vital to mental health". Yoga j often say they feel more centered and calm, along with the physical benefits of stretchi strength.

With this information, it is easy to see how exercise is not only beneficial for the body b emotional and mental health as well. [Click here](#) for some tips to get you started now to good. ([Health and Fitness Exercise Tips](#)).

**OK, you're reading this and thinking that it sounds great, but where can Judith Easton suggests something you can do RIGHT NOW to improve**

[and Fitness and Mental Health.](#)

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