

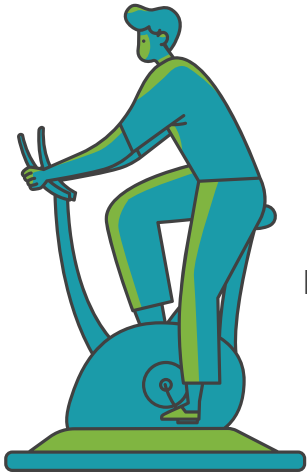
# EXERCISE

## Exercise for Mental Health

Mental health can impact your life in many ways, and there may be some barriers to treatments that you face.

Unfortunately, almost half of youth ages 8 to 15 don't receive the treatment they need because there are so many barriers, like stigma, costs, or side effects. This is where the

benefits of exercise can come in. Exercise has been researched and validated for treating many mental health conditions, and the side effects are more on the positive side.<sup>1</sup>



## Different Types of Exercise

There are many different kinds of exercises you can do to help relieve mental health conditions, but here are some ideas:

- Biking
- Jogging
- Swimming
- Dancing



Just try to get at least 1 hour of moderate to intense physical activity daily!

## Benefits of Physical Activity

There are many benefits to physical activity, especially on brain health. The benefits can happen immediately after a session of moderate to intense physical activity. Some of the benefits include, improved thinking or cognition for youth ages 6 to 13 years and reduced short-term feelings of anxiety for older ages.

Regular physical activity is better, this can keep your thinking, learning, and judgment skills quick as you age. It can also help reduce your risk of depression, anxiety, and it may also help you sleep better.<sup>2</sup>



1. NATIONAL ALLIANCE ON MENTAL ILLNESS

2. CDC