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Have you been spending too much time overthinking? Have you been dealing with education or work-related stress? Have you had the desire to exercise but struggled to find the motivation?

It is common knowledge that exercising is beneficial for your body, but several people still continue to overlook the positive impact that it can make on your mental health. Evidence has shown that regular exercise significantly reduces stress, depression, and anxiety. As we transition into the summer, it may be in your best interest to go outside for some fresh air and start by taking a walk. Even modest amounts of exercise can make a difference; the most important thing is to get moving!

Stress

Sustained stress produces tense muscles and increases the probability of neck/back pain, as well as frequent headaches. Exercise can help relax these muscles and relieve tension in the body. Once your body feels better, so will the mind.

Depression

In the case of depression, lack of motivation to exercise can definitely be the most difficult obstacle to overcome. However, once you get started, you will end up thanking yourself. Exercise can treat mild to moderate depression as effectively as anti-depressants, without the negative side-effects. It promotes feelings of calmness and well-being through the release of *endorphins* – the body’s “feel-good” chemicals. Maintaining regular physical activity will help clear your mind and prevent relapse.

Anxiety

If you’re feeling anxious even during the process of performing physical activity, it is important to pay attention to what you’re actually doing for the highest possible benefit. Focusing on the body and how you feel during exercise will not only improve your physical condition, but also help interrupt the flow of negative thoughts.

Exercise is MEDICINE!

