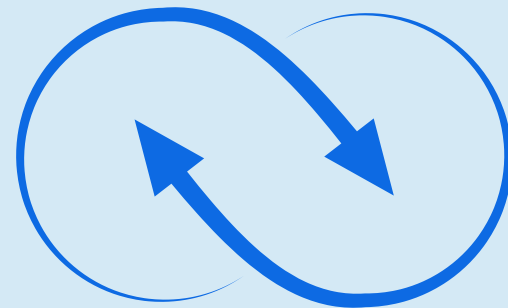


Impact of exercise on one's health and wellness



Exercise & stress

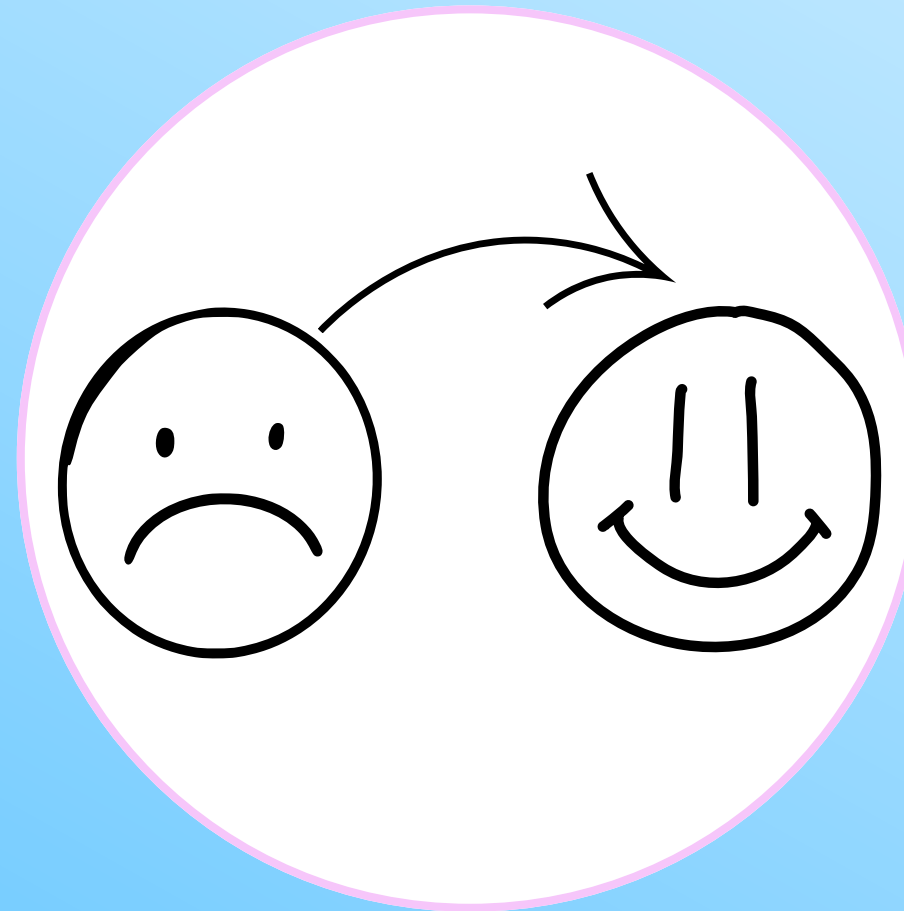
According to the Mayo Clinic, exercise was included as one of their “Top 10 Tips to Tame your Temper: **Physical activity can help reduce stress that can cause you to become angry.** If you feel your anger escalating, go for a brisk walk or run.” [Source](#)



“The physical benefits of exercise—improving physical condition and fighting disease—have long been established, and physicians always encourage staying physically active. **Exercise is also considered vital for maintaining mental fitness, and it can reduce stress. Studies show that it is very effective at reducing fatigue, improving alertness and concentration, and at enhancing overall cognitive function.**” [Source](#)

Exercise & depression

“Regular exercise may help to improve quality of life and can have an antidepressant effect in depressive disorders (Malhi et al., 2020). Exercise may increase the level of serotonin in the brain, a neurotransmitter linked to mood regulation, sleep, libido, appetite and other functions (ESSA, 2018).” [Source](#)



According to Harvard Health Publishing, “in people who are depressed, neuroscientists have noticed that the hippocampus in the brain—the region that helps regulate mood—is smaller. **Exercise supports nerve cell growth in the hippocampus, improving nerve cell connections, which helps relieve depression.**” [Source](#)

Exercise & sleep

“We have solid evidence that exercise does, in fact, help you fall asleep more quickly and improves sleep quality,” says Charlene Gamaldo, M.D. , medical director of Johns Hopkins Center for Sleep at Howard County General Hospital.” [Source](#)



According to the Sleep Foundation, **“moderate to vigorous exercise can increase sleep quality for adults by reducing sleep onset – or the time it takes to fall asleep – and decrease the amount of time they lie awake in bed during the night.”** [Source](#)

Exercise, obesity, & sleep

“Obesity and low levels of physical activity are associated with moderate to severe obstructive sleep apnea (OSA).

Exercise helps in decreasing weight, blood pressure, depression, anxiety, and fatigue.” [Source](#)



According to the Sleep Foundation, “moderate to vigorous physical activity can decrease the risk of excessive weight gain, which in turn makes that person less likely to experience symptoms of obstructive sleep apnea (OSA).“ [Source](#)