

[IMAGE]

How Exercise Can Boost Your Mood

Interested in boosting your mood? Exercise can make a big difference.

Research continues to show that adopting a regular workout schedule will not only improve your overall health and keep things like diabetes and high blood pressure away, but it can also do wonders for your mental health.

In a recent Mayo Clinic research finding, researchers found that exercise is effective for symptoms of depression and anxiety. According to researchers, exercise releases feel-good brain chemicals that may ease depression (neurotransmitters and endorphins) and reduces immune system chemicals that can worsen depression.

In addition, exercise has positive effects on your overall well being such as giving you confidence by making you feel better about your overall appearance and helping you cope with constant daily stressors.

exercise - Copyright © Stock Photo / Register Mark If you are looking for a mood booster, strap on your workout shoes and get going. Even a simple walk will give you the boost you are looking for. By doing exercises that get your heart pumping, you will begin to see positive results that can brighten your overall mood. Anything that gets you off the couch and moving is exercise that can help improve your mood.

For more tips on what exercise program works best for you, talk to your doctor.

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