

## **Using exercise to boost your mental health**

We all know exercise is good for your physical health, but did you know it can enhance our wellbeing as well by increasing our mental alertness, energy and positive mood.

Increasing numbers of studies tell us that exercise can have a positive impact on many mental health disorders like depression and anxiety. It is also a great stress reliever, improves memory, helps us sleep, and boosts our overall mood - even a 10-minute brisk walk can make a difference to how you're feeling.

Exercise affects the brain in many ways. It releases natural anti-depressant chemicals. It increases our heart rate, which pumps more oxygen to our brain. It helps with the release of hormones which provide an excellent environment for the growth of brain cells.

Typical forms of exercise such as going to the gym, an outing with your running club or your regular Zumba class aren't an option while there are restrictions in place to stop the spread of Coronavirus (COVID-19), but there are alternatives. Why not take a look at the range of free exercise videos and guidance available online to help you get up and active without needing to leave your home.

If you're new to exercise you can access the NHS physical activity guidelines [here](#)