



Healing Hands

Health Center



Exercise and Physical and
Psychological Health

Exercise

- ▶ We all know that exercise is an important part of staying healthy, but how exactly does it help keep us physically healthy and mentally healthy?





Exercise and Heart Health

- ▶ Regular exercise helps to strengthen the heart
 - ▶ It increases cardiovascular efficiency
 - ▶ Decreases blood pressure
 - ▶ Decreases blood sugar
 - ▶ Decreases bad cholesterol and increases good cholesterol
 - ▶ Decrease risk of heart disease
- ▶ You should consult your doctor if you have any heart problems and about how physical exercise can prevent heart conditions



Exercise and Respiratory Health

- ▶ Regular Exercise can increase the efficiency of your lungs
 - ▶ Increases oxygen and blood transport throughout the body
 - ▶ Your lungs will become more efficient and breathing will become easier
 - ▶ Improves lung capacity
- ▶ You should consult your doctor if you have any respiratory conditions and ask about how exercise can help increase your respiratory health



Exercise and Other Physical Health

- ▶ Other attributes
 - ▶ Regular exercise increases muscle size and strength
 - ▶ Burns fat and helps to decrease blood sugar
 - ▶ Major attribute to losing weight
 - ▶ Helps to reduce insulin resistance
 - ▶ Decreases plaque build up in arteries



Exercise and Mental Health

- ▶ Doing exercise can have amazing positive effects on mental health
 - ▶ Exercise causes the release of several neurotransmitters including endorphins, serotonin, dopamine, and others
 - ▶ These neurotransmitters regulate many things, such as reducing pain, feeling happy, and alert, along with having some physical responses too
 - ▶ These can help to increase mental health
 - ▶ Exercise has been shown to help relieve:
 - ▶ Anxiety
 - ▶ Stress
 - ▶ Depression



What to do?

- ▶ You don't need to become an Olympic athlete to see the effects
 - ▶ According to the American Heart Association 2 hours of light exercise per week is enough to drastically increase Health
- ▶ Exercise at your own pace and set your goals
 - ▶ Walking to the end of the driveway or running a 5k marathon
 - ▶ Lifting light weights or lifting heavy weights
- ▶ Exercise is exercise and doing any amount helps increase your health