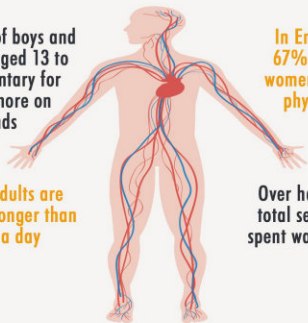


THE BENEFITS OF EXERCISE ON MENTAL HEALTH

In 2012, 43% of boys and 37% of girls aged 13 to 15 were sedentary for 6 hours or more on weekends

13% of UK adults are sedentary for longer than 8.5 hours a day



In England and Scotland 67% of men and 55% of women meet recommended physical activity levels

Over half of children's total sedentary time is spent watching television

What are the benefits of exercise on physical health?



Reduced risk cardiovascular disease



Strengthens bones and muscles



50% lower risk of type 2 diabetes



Helps to control weight



Improves sleep



Improves energy levels



30% lower risk of dementia



Prevents cognitive decline

What are the benefits of exercise on mental health?



Reduce stress levels

Exercise can help to reduce your cortisol levels



Improves social well being

Whilst exercising you might meet new people and develop more friendships



Reduced anxiety

When you exercise your brain releases endorphins which can help to calm you down



Increased self esteem

As you become faster, fitter and stronger you start to improve your self confidence



Reduced risk of depression

Exercise can help to improve your mood



Boost Brainpower

Exercise can help to improve cognitive functioning including decision making and learning