

# Exercise

## *Exercise for Mental Health*

Benefits of physical activity and different types of exercise mental health can impact your life in many ways, and there may be some barriers to treatments that you face. Unfortunately, almost half of youth ages 8 to 15 don't receive the treatment they need because there are so many barriers, like stigma, costs, or side effects. However, exercise has been researched and validated for treating many mental health conditions, and the side effects are more on the positive side.

## *Different types of Exercise*

Try to get 1 hour of physical activity daily. Some ways to accomplish are:

- swimming
- biking
- dancing
- jogging



## *How Will Exercise Help You?*

There are many benefits to physical activity, especially on brain health. The benefits can happen immediately after a session of moderate to intense physical activity. Some of the benefits include, improved thinking or cognition for youth ages 6 to 13 years and reduced short-term feelings of anxiety for older ages. Regular physical activity is better, this can keep your thinking, learning, and judgment skills quick as you age. It can also help reduce your risk of depression, anxiety, and it may also help you sleep better.

