

Virtually any form of exercise, from aerobics to yoga, can act as a stress reliever. Exercise increases your overall health and well-being, but can also have some direct effects on stress relief.

## How it works:

### Exercise pumps up your endorphins.

The “feel good” neurotransmitters produced in your brain are called endorphins. This is often referred to as a “runner’s high” but any type of exercise can produce the same effect.

### Exercise is meditation in motion.

During exercise we tend to concentrate more on our body’s movements than the stressors and irritations of the day. Regular exercise can help you stay calm, clear and focused during other activities as well.

### Exercise improves your mood.

The more you exercise, the more you self-confidence and overall mood will improve. The better you feel about yourself, the better you will feel about other aspects of your life as well.

### Exercise improves your sleep.

Sleep is often disrupted when we are stressed. Exercise helps get you back to a normal sleep pattern, allowing your body to have time to rest and repair.



## Getting Started:

### Do what you love.

Choose an activity that you love. Enjoying the activity you are participating in will keep you motivated to continue.

### Walk before your run.

Gradually building up your exercise is key. Doing too much too soon can put you at risk for an injury, which could add stress instead of helping relieve it. Adding minutes to your routine or gradually increasing intensity is the way to go.

### Pencil it in.

Put exercise on your calendar just as you would any meeting. Planning ahead of time will help you stick to your goals and keep your schedule on track.

### Find a buddy.

Exercising with a friend can keep you motivated. Knowing someone is waiting for you at the gym gives you an extra incentive to get off the couch and get moving.

\*Always consult your doctor before beginning any new exercise routine.

Contact your Healthstat provider for more information:

**Oak Creek Franklin Wellness Center**

(414) 304-8787