



MOVE FOR YOUR MENTAL HEALTH

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

ABOUT THIS TALK:

Most of us are familiar with the physical health benefits of movement and exercise, but did you know that exercising 30 mins a day can improve your mental health and brain health?

In fact, the greater, systemic benefits of exercise and their relation to brain health and mental health cannot be understated. Exercise has been proven to relieve symptoms of depression, anxiety, stress, insomnia, attention deficit, addictions, while improving mood, focus, energy, sleep, and overall well being. The research is so compelling that medical doctors are writing prescriptions for exercise as part of their treatment for depression, insomnia, Alzheimer's, anxiety and ADHD.

ATTENDEES WILL LEARN:

- The effects of inactivity on mental health and brain health.
- The benefits of exercise on mood, stress, brain health, sleep, learning, hormones, creativity, and attention.
- Practical suggestions on how to best incorporate physical activity into your busy days.

