

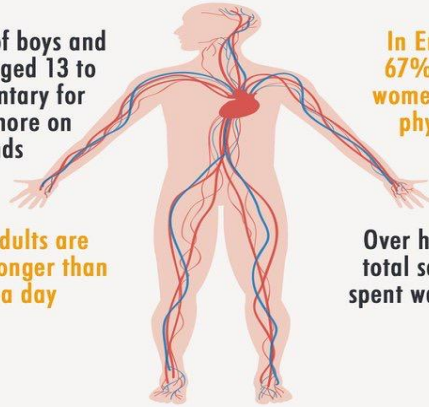
# THE BENEFITS OF EXERCISE ON MENTAL HEALTH

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

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

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

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

Statistics from PHYSICAL ACTIVITY STATISTICS, 2015 BRITISH HEART FOUNDATION

Name -

Teacher -

Period -

## PORTFOLIO HANDOUT 16

### The Benefits of Exercise on Mental Health

Working with your teacher -

- Define sedentary
- Define cognitive functioning
- Explain cortisol level

Self - Evaluate -

What percentage of your free time are you sedentary?

What percentage of your sedentary time are you in front of a screen (phone/TV/tablet etc.)?

Make the connection -

Read each physical health benefit.

Draw line(s) from the physical health benefit to the mental health benefit(s) you feel they connect to.