

# Building Happiness with Fitness

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How does  
exercise  
affect mood?

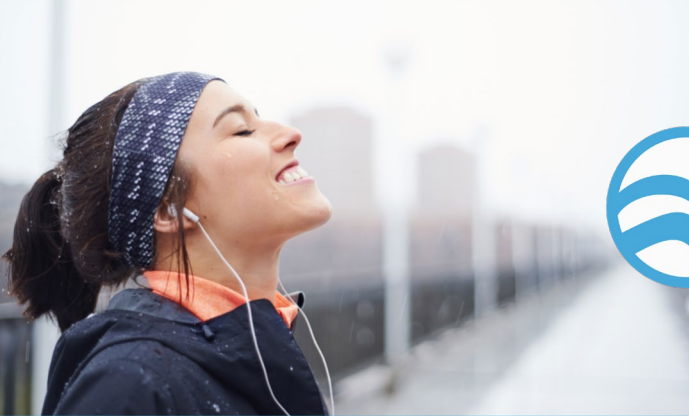


# The Science



During exercise, the body releases endorphins that act as mood boosters and natural pain killers. Exercise also reduces the body's levels of stress hormones such as cortisol and adrenaline.

# Happy Body



# Happy Mind!

- Exercise can increase energy levels
- Exercise can reduce negative effects of mental stress
- Regular exercise can improve sleep. Sleeping well helps you manage your mood
- Exercise can reduce muscle tension and certain types of pain, helping you feel more relaxed
- Fitness can be fun! Many exercise activities double as hobbies (roller blading, dancing, etc.)

# Mental Health



Physical activity can lessen the risk of mental illness and help treat the effects of clinical depression and anxiety.

People who exercise regularly have better mental health and emotional well-being

# Mindfulness

Mindfulness means allowing yourself to be present in the moment



Have you ever been on a run, or lifting heavy weights, or taking a yoga class and been fully immersed in what you are doing?

Exercise can bring you out of your mind and into your body, allowing you to leave distracting or negative thoughts behind. It can also be an outlet to let go of frustrations.

# Improved Confidence



**With regular exercise comes confidence!**  
**Self-esteem increases as you:**

Overcome Challenges

Reach New Goals

Increase Physical Abilities

Improve Self-Image



# Connection

Exercise provides opportunity for us to fill a basic human need, **connection**.

Examples:

- Take a group fitness class
- Bike ride with your family
- Work with a personal trainer
- Participate in a run club
- Join a recreational corporate sports league





# Independence with Aging



As we age, our ability to move well tends to decline and sedentary behavior increases. With that, reliance on others (caregivers, family, etc.) increases, decreasing independence. Independence can contribute significantly to happiness.

Moving more as you age can increase your ability to perform activities of daily living independently, giving you the freedom to live the life you want!



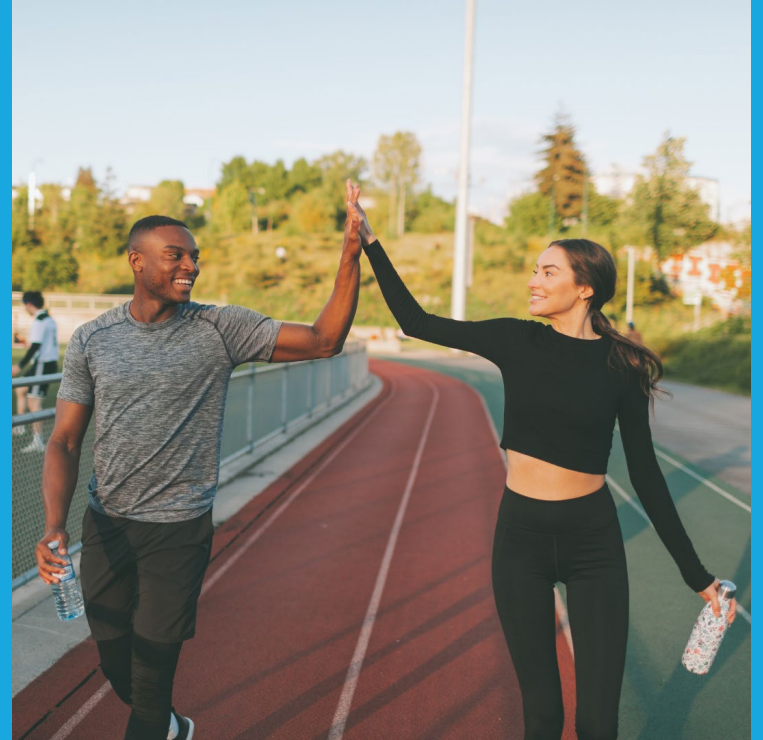
“Think of  
exercise as  
your daily  
medicine  
and take  
your  
prescription.”

- Steven Magee



# Put it into Practice

- Choose modes of exercise that you enjoy, make it fun!
- Connect with loved ones through movement
- Set short-term goals along the way and celebrate small wins
- Substitute exercise in place of other coping mechanisms
- Follow exercise guidelines to reap the health benefits



# Exercise Guidelines for Healthy Adults

*from ACSM and the CDC*

# 150

minutes of moderate intensity  
aerobic exercise per week



# 2x

per week major muscle  
strengthening exercise



# Make a Plan

Create a plan to implement regular fitness activities into your schedule and build a happier you!



## Start Here:

- Write a list of your favorite physical activities
- Determine how much time you realistically have to dedicate towards fitness
- Add your exercise time into your calendar
- Tell a friend your plan so they can keep you accountable!  
Maybe they will even join you

Contact your fitness team  
for a fitness consultation or  
exercise plan!



# Sources

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