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Media Release – The Powerful Benefits of Exercise on your Mind and Body
From: NZ Register of Exercise Professionals



The Powerful Benefits of Exercise on Your Mind and Body

Very few people would dispute the science that exercise is good for the body, and the mind. It's understood that, at an appropriate level, exercise and movement can improve mood and create a sense of wellbeing in everyone.

For the 16% of New Zealanders who have a diagnosis of depression, bipolar disorder and/or anxiety disorder in their lifetime, and the countless thousands more who live with depression or mental health concerns, regular exercise can contribute to health and wellbeing by improving mood and your sense of wellbeing. Countless studies show that little or no physical exercise can also increase the risk of depression, so it makes sense to get moving.

The New Zealand Mental Health Foundation tells us there are 3 main ways exercise and physical activity positively contributes to our mental health:

- Biochemically through endorphins.
- Physiologically by improving muscle strength and heart function, increasing blood flow to the brain, and improving your sleep.
- Psychologically by improving self-esteem and giving you a sense of positive achievement.

New research from McMaster University looking at the relationship between anxiety and exercise found that while exercise reduces anxiety, anxiety can reduce a person's ability to be motivated to exercise.

This relationship between depression and motivation means that those who could most benefit from movement are less likely to achieve it.

The researchers came up with some ideas to get moving:

- Adopt a mindset: Some exercise is better than none.
- Lower exercise intensity if feeling anxious.
- Move a little every day.
- Break up sedentary time with standing or movement breaks.

Just as we are seeing more information around the benefits of physical exercise on our mind, we are also seeing the effects of mindfulness on our bodies, by reducing feelings of anxiety and stress.

For those who are struggling to add regular physical activity into their lives, adding in a mindfulness practice can help, as mindfulness practices enable people to recognise and overcome the many ways that they tend to get caught in being demotivated.

At the end of the day, any movement is better than none.

Reference:

https://www.sciencedaily.com/releases/2021/04/210412121216.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Fhealth_medicine%2Ffitness+%28Fitness+News+--+ScienceDaily%29

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NZ Register of Exercise Professionals (REPs) - Independent not for profit quality mark of exercise professionals and facilities. Using REPs Registered Exercise Professionals is the “warrant of fitness check” that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver safe exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org

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Exercise Association of New Zealand - Not for profit exercise industry representative organisation. Its *mission is to proactively support a sustainable exercise and fitness industry in New Zealand by growing participation in structured exercise through advocacy, information and industry standards.*

