

take it **EASY**



TOP 10...

THE TOP 10 ways physical activity can reduce stress:

1. **PHYSICAL ACTIVITY DECREASES LEVELS OF ANXIOUSNESS.** Stress makes us feel anxious, and studies show that people feel less edgy after exercise.
2. **PHYSICAL ACTIVITY RELAXES US.** A session of physical activity results in 90 to 120 minutes of relaxation response. This post-activity euphoria improves our mood and leaves us feeling relaxed.
3. **PHYSICAL ACTIVITY IMPROVES SELF-WORTH.** Exercise tends to make us feel better about ourselves, and positive self-worth provides stress relief.
4. **PHYSICAL ACTIVITY INCREASES ALERTNESS.** Studies have shown that when muscle groups repeatedly contract and relax, as in exercise class, the brain releases certain relaxing neurotransmitters that enhance alertness.
5. **PHYSICAL ACTIVITY REDUCES DEPRESSION.** Many researchers say physical activity is as effective in treating depression as meds in some.
6. **PHYSICAL ACTIVITY PROVIDES RESTFUL SLEEP.** Stress makes getting a good night's sleep difficult, and studies have shown that people who exercise sleep better than those who don't.
7. **PHYSICAL ACTIVITY INCREASES ENERGY, WHICH CAN HELP TO BETTER DEAL WITH STRESSFUL EVENTS.** Stress often results in exhaustion. Exercise increases oxygen to the brain, thereby upping existing levels of energy. The old adage is true..."the more energy you use, the more energy you will have".
8. **PHYSICAL ACTIVITY RIDS THE BODY OF STRESS-CAUSING TOXINS.** Vigorous activities are most effective, but "some is better than none".
9. **PHYSICAL ACTIVITY ENCOURAGES HEALTHIER EATING HABITS.** Good nutrition reduces stress, and those who exercise are more apt to eat better.
10. **PHYSICAL ACTIVITY ALLOWS FOR "TIME-OUT".** Whether you exercise alone or with a friend, it is important to take "time-out" for yourself in an effort to reduce the amount of stress in your everyday life.