

The Emotional Benefits of Exercise

Research shows the benefits of exercise go beyond just physical well-being. Physical activities—like walking, biking, dancing, yoga, or tai chi—can help:



Reduce feelings of depression and stress

Enhance your mood and overall emotional well-being



Increase your energy level



Improve sleep

So, the next time you're feeling down, anxious, or stressed, start moving!

Get exercise ideas, motivational tips, and more from the National Institute on Aging at NIH.



nia.nih.gov/health/exercise