THE HEALTH CASE FOR BEING PHYSICALLY AND SOCIA-LY ACTIVE

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Exercise keeps our hearts and bodies healthy.

The mind cannot function unless your body is working properly, but it also works the other way.

If you feel low or anxious you may do less and become less active, which can make you feel worse. This can become a harmful cycle.
you feel tired or depressed

you do even less &
miss out on things you enjoy

so you feel more tired & depressed

so you do less
Brain cells use chemicals like Dopamine & Serotonin to communicate with each other. These can stimulate other chemicals in the brain.
The good news