

THE HEALTH CASE FOR BEING PHYSICALLY AND SOCIALLY ACTIVE

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Mind and Body

- ❑ 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.

Activity-depression cycle.

you feel tired or depressed



you do even less &
miss out on things you enjoy

so you do less



so you feel more tired & depressed

Why does it work?



- ▣ Brain cells use chemicals like Dopamine & Serotonin to communicate with each other.
- ▣ These can stimulate other chemicals in the brain.

The good news



