

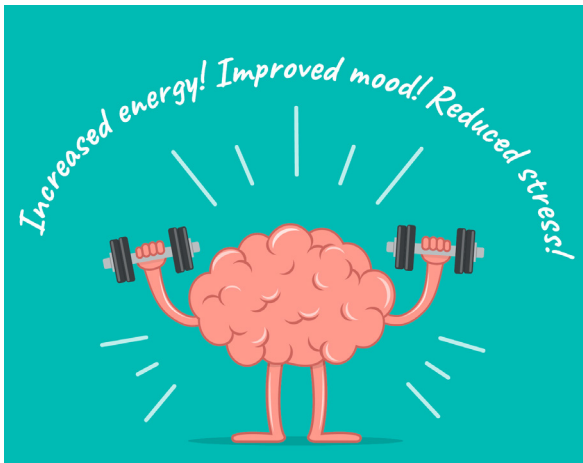
BENEFITS OF EXERCISE

Improves Mood: Exercise boosts endorphins and serotonin in your brain, which are natural mood-lifters.

Reduces Stress: Physical activity lowers stress hormones and helps you feel calmer by improving brain function and reducing muscle tension.

Promotes Better Sleep: Better sleep leads to better mood management, and exercise is a great way to improve sleep quality.

Builds Confidence: Achieving fitness goals, no matter how small, can boost self-esteem and make you feel accomplished.



Customer Service 800-317-0708 or
989-772-5938
Michigan Relay 7-1-1
24-hour Crisis Telephone
Convenient Office Locations and Hours

Clare County

789 North Clare Avenue
Harrison, MI 48625
989-539-2141

Isabella County

301 South Crapo Street
Mt. Pleasant, MI 48858
989-772-5938

Gladwin County

655 East Cedar Street
Gladwin, MI 48624
989-426-9295

Mecosta County

500 South Third Avenue
Big Rapids, MI 49307
231-796-5825

Midland County

218 Fast Ice Drive
Midland, MI 48642
989-631-2320

Osceola County

4473 220th Avenue
Reed City, MI 49677
231-832-2247

Accredited by:



Joint Commission

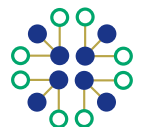
On Accreditation of Healthcare Organizations

CMHCM receives financial support from the Michigan
Department of Health and Human Services.



BOOST YOUR MOOD WITH EXERCISE

Exercise significantly benefits mental health by reducing symptoms of anxiety and depression, boosting mood, improving self-esteem, and enhancing cognitive function. It can also act as a natural stress reliever, improve sleep quality, and even reduce the risk of developing mental health conditions like depression.



**Community
Mental Health**
FOR CENTRAL MICHIGAN

DID YOU KNOW?

Mental health is a crucial aspect of our well-being, and exercise plays a significant role in maintaining it. In fact, one study showed that exercise is 1.5 times more effective than medication in reducing symptoms of depression, anxiety, and psychological stress. Another study showed exercising 30 minutes a day, five days a week decreased depression by 25%. Discover how physical activity can enhance your mental health and overall quality of life.



© www.limberhealth.com

TYPES OF EFFECTIVE EXERCISES



Aerobic Exercises: Running, cycling, swimming

Strength Training: Weightlifting, resistance band exercises

Mind-Body Exercise: Yoga, Tai Chi, Pilates

Recreational Activities: Dancing, hiking, team sports

TIPS TO GET STARTED

- Pick an activity you enjoy - walking, dancing, gardening, or playing a sport.
- Find a workout buddy for motivation and fun.
- Start small if you're new to exercise- just 5 minutes a day can help you build the habit over time.
- Celebrate small victories to stay motivated.



© www.missionhealth.org