

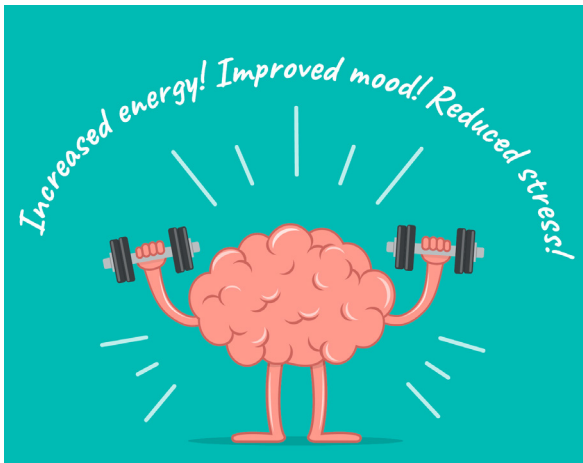
BENEFITS OF EXERCISE

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
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Gladwin, MI 48624
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231-796-5825

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Midland, MI 48642
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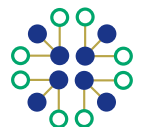
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BOOST YOUR MOOD WITH EXERCISE

A Natural Remedy for Anxiety and
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.



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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.



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