

CATEGORY:	TITLE:	WRITER:	DATE:	FILE NAME:	DATABASE:
Exercise	Exercise and Psychological Health	Bettina Marks	August 18, 1999	EX_2008.doc	

DISEASE STREAM					GENDER			AGE RANGE							
DIA	HBP	HC	HD	GH	M	F	B	0-9	10-19	20-29	30-39	40-49	50-65	65+	ALL
							X						X	X	

## EXERCISE AND PSYCHOLOGICAL HEALTH

### REDUCING STRESS AND ALLEVIATING DEPRESSION THROUGH EXERCISE EMOTIONAL BENEFITS OF EXERCISE

Some of you may have a medical problem or an illness which can affect the way you think, feel, and act. Do you realize that how you think, feel and act can affect your medical condition and your general health? Those of you with high blood pressure may already be aware of the role that stress plays in managing your condition. High blood pressure is known as "the silent killer" because it has no obvious symptoms. It contributes to other forms of cardiovascular disease. Very often, the first indication of high blood pressure may be a heart attack, stroke or kidney failure.

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### REDUCING STRESS AND ALLEVIATING DEPRESSION THROUGH EXERCISE

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Exercise can be a good way to reduce stress..

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Ref. 14 p. 1

Ref. 19 p. 6

- Increasing your physical activity will help to reduce stress levels.
- If you are physically fit, your body can handle stress better, both physical and emotional
- Exercise can have a calming effect that can last well after you have finished your workout.

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When you do aerobics, which causes your body to use extra oxygen and calories, such as jogging, bicycling, and walking, your heart rate increases and you perspire. You should exercise for more than 30 minutes per day according to the National Blood, Lung and Heart Association.

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How does this work?

- "Breaking a sweat" releases "beta-endorphin", a natural substance in the body that is hundreds of times more potent than morphine. The body releases these

endorphins after only 12 minutes into the workout. This is what can cause this “high” that runners will speak of and other aerobic enthusiasts enjoy.

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- Another theory points to serotonin as the cause of the exercise high. Increased levels of serotonin in the central nervous system are associated with feelings of well-being, heightening of appetite and lessening of mental depression. This occurs as a result of aerobic exercise.

### **EMOTIONAL BENEFITS OF EXERCISE**

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Ref. 11

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Ref. 8 p. 1

Ref. 8 p. 1

- Anxiety levels are tempered or even gone after exercise
- A sense of calm and well-being can last for hours after exercising
- People have a better feeling about themselves
- You have more energy and feel less tired
- You are more productive at work
- There is more interest in sex
- Increases your self-esteem
- Decreases stress
- Improves your mood

### **TIP**

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Ref. 3 p. 1

Exercising regularly and vigorously for 30 minutes a day will help you to alleviate stress and the negative effects it can have on your health.

### **SUMMARY**

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Ref. 4. p. 2

Reducing the stress and negative psychological factors in your life through exercise will have a positive effect on your medical health and well being. The mind and body are connected.

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