

# The BIG benefits of simple daily exercise!

**Yes! You may have heard it all before  
but Spring has arrived so what better time to make a fresh start!**



## Why exercise?

- Regular exercise can be an effective way to reduce & manage mild anxiety & stress.
- Physical activity burns up stress chemicals, like adrenaline, which promotes a more relaxed state of mind.
- An enjoyable bout of exercise may be distracting enough to break the vicious cycle of pessimistic thinking

## How?

- It doesn't matter if you are male or female, young or old, we can all make time for some form of exercise.
- Go for a brisk walk around your place., take your camera along with you and snap some photos, you never know what you might see.
- Do something different each day, walk a different track, mix it up by jogging and walking, do some starjumps and crunches or safely lift a weight.



## Wellbeing Benefits



- Serotonin is an important brain chemical that contributes to a range of functions, including sleep and wake cycles, libido, appetite and mood.
- Serotonin has been linked to depression. Some researchers have found that regular exercise, and the increase in physical fitness that results, alters serotonin levels in the brain and leads to improved mood and feelings of wellbeing.
- Isolation may limit your ability to play team sports but being social and active is also very beneficial for your wellbeing. Why not host a tennis, volleyball or cricket day in your area?

Monday Motivation is presented to you by Suncare Community Services - Drought Relief Program

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