



Physical Activity

Let's Get Moving for Mental Health

Active Bodies, Active Minds! Be physically active to take care of your physical & mental health.

Feel the results... physical activity reduces stress & anger, reduces the symptoms of anxiety & depression.

It improves mood, sleep, focus, motivation & self-esteem, boosts energy, promotes relaxation and is fun!

Stretch Away Stress

Stretching keeps muscles flexible & helps you relax. It relieves tension in your head, neck, shoulders – the muscle groups most affected by stress.

Walk Away Worries

Take a walk, take the stairs, leave the car home for short trips or park at the far end of the parking lot. Invite a friend, walk the dog or walk alone to get away from the hustle & bustle of life.

Dance Your Cares Away

Dancing not only gets your body moving but the music also brings a more positive, relaxed & care-free state of mind.

Run to Relax

Running exerts excess energy & hormones to help relieve stress, improve mood, promotes relaxation & boost confidence.

Bike to Beat Stress

Cycling decreases stress, reduces anxiety & depression. It's a low-impact exercise for people of all ages. Whether you cycle for recreation, sport or transport, it's fun & good for the environment.

Sport your Self-Esteem

Participate in a sport to be social, part of a team, improve body image & self-esteem. It encourages healthy competition, healthy habits & people feel good as they master new skills.

Work Out Worries

Working out takes your mind off worries. It's a distraction from the stress & hassles of everyday life.

Find an Activity you Enjoy!

Whether its indoor or outdoor, individual or group, find an activity you enjoy & have fun making activity part of your everyday life. **60 minutes a day can make a difference. Being physically active every day is enjoyable & safe for most people.**

Visit www.csep.ca/guidelines or www.participACTION.com for the Canadian Physical Activity Guidelines.

For more information or support, contact your local

Mental Health & Addiction Services Office.

Mental Health Crisis Line 1-888-737-4668

NL Health Line 1-888-709-2929



Yoga
Gardening
Swimming
Skiing
Snowshoeing
Hiking
Weight lifting



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