

Physical Activity and Stress Reduction

What you need to know

Why should I exercise and manage my stress?

- Exercise promotes a stronger heart, improves circulation, promotes sleep, elevates mood, and raises self-esteem.
- It also lowers blood cholesterol, pressure, and sugar, decreases the need for medication for certain conditions, helps manage weight, and reduces stress



What kinds of exercise should I do?

- Even moderate exercise can produce notable benefits.
 - Brisk walking
 - Dancing
 - Gardening
 - Household chores



How can I reduce my stress?

- Breathing exercises
- Meditation
- Progressive muscle relaxation techniques
- Calming music
- Yoga

