

The Emotional Benefits of Exercise— **Feel Good with Go4Life®**

Research shows the benefits of exercise go beyond just physical well-being. Physical activities—like walking, biking, dancing, yoga, or tai chi—can help:



*Reduce feelings of depression
and stress*

*Enhance your mood and overall
emotional well-being*





Increase your energy level



Improve sleep



So, the next time you're feeling down, anxious, or stressed, start moving!

Get exercise ideas, motivational tips, and more from **Go4Life**[®], an exercise and physical activity campaign for older adults from the National Institute on Aging at NIH.



Go4Life[®]

go4life.nia.nih.gov