

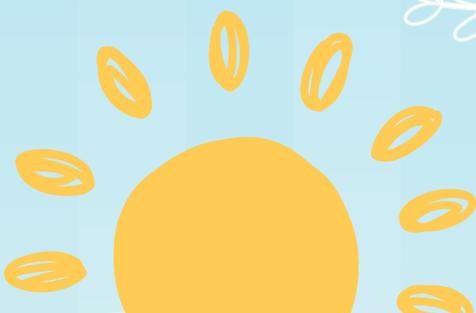
The Emotional Benefits of Exercise

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 the
National Institute
on Aging at NIH.**



National Institute
on Aging

nia.nih.gov/health/exercise