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
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.