

# Tips that Count

Wellness information for your journey to a healthier you!

## Limber Up Your Emotions Too

Regular exercise has effects that can boost mood, relieve depression and stress, and increase your self-esteem.

**Repetitive movements** like those used in walking, running, swimming, or cycling increase production of serotonin (the chemical in the brain whose decline is linked to depression). You don't have to be a marathon runner...all you need is a regular program of aerobic exercise.

**Regular exercise** is an effective way to decrease blood levels of stress hormones such as cortisol. High levels of these hormones have been linked to depression and anxiety symptoms.

**Intense exercise** triggers endorphins—"runners high" comes from the release of endorphins, which produces a sense of well-being and suppresses sensations of pain. Endorphin production usually begins about 15 to 20 minutes into an exercise session, and tends to peak after about 45 minutes.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.