



David Fairlamb THE FIT FACTOR

LIFESTYLE CHANGE

Make time to exercise. One of the main reasons the government allowed us all to exercise during lockdown was because they knew the benefits would be overwhelmingly positive both physically and mentally.

FITNESS TIP

In order to lift your mood and de-stress, any type or intensity of exercise will help. Work out what works best for you and use it to your advantage – it's not just about working as hard as you can.

Don't miss David's tips every Saturday in your Journal

IT is a fact of life that exercising on a regular basis is a vital part of a healthy lifestyle and actually makes you happier.

Our body, and particularly our brains, are incredibly complex and scientists still admit there is a long way to go in fully understanding how it functions, however what they do know – and have proved time and time again – is the importance of exercise in helping you feel better about yourself and produce that happy feel-good factor.

The type of exercise does not have to be vigorous to have an impact, a regular walk, swim, cycle or workout DVD can help improve your physical and mental health.

Here are a few reasons why you should exercise to help your mental health and improve your mood:

De-stress

Exercise will help you de-stress and give you that euphoric feeling that makes you feel happy and re-energised. This makes

stress easier to manage and leads to a deeper sense of relaxation.

Lowers anxiety

Exercise decreases tension and worry by reducing muscle tension, lowering blood pressure and puts you in a more relaxed state of mind.

Lifts your mood

Exercise is a very powerful and effective treatment for improving your mood. It also helps you think more clearly and be more energised throughout the rest of the day.

Huge benefits for depression

Exercise is one of the most successful treatments for depression. Research shows regular

exercise is equivalent or better than certain anti-depression drugs and has been shown to cut depression rates almost in half.

Helps the brain

Exercise increases oxygen flow to the brain, decreasing brain cell loss. The Alzheimers Association says exercise improves focus, planning and thinking skills.

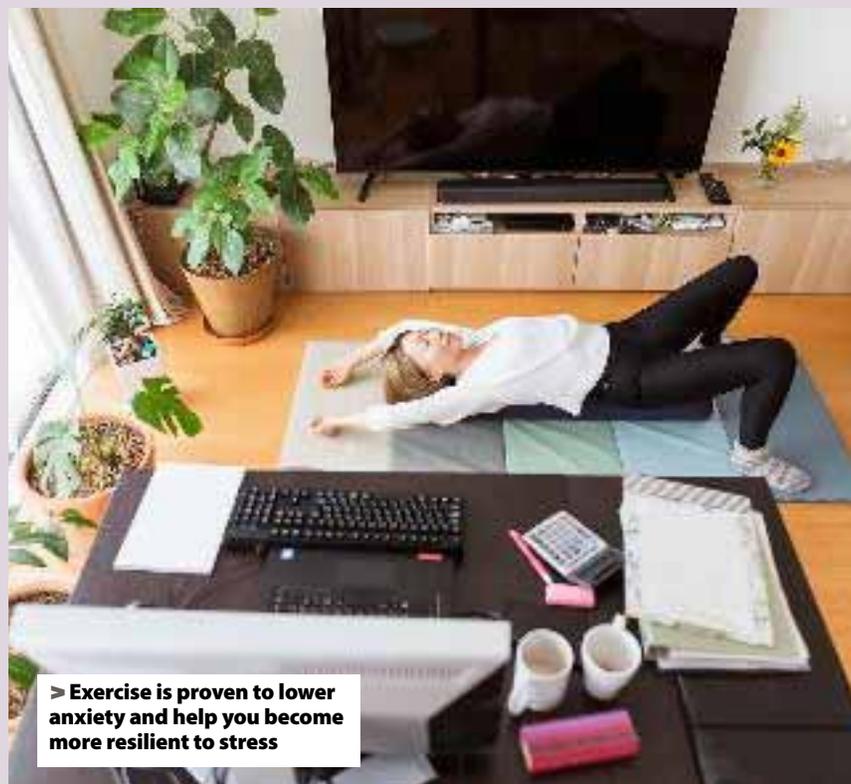
Bounce back from stress

Exercise also makes it easier to bounce back from too much stress. Exercise increases our ability to stay psychologically resilient even when our lives suddenly take an unexpected route and is filled with uncertainty.

More than ever we need to take steps to focus on our wellbeing and one of the main reasons the government allowed us to exercise during lockdown was because they knew the benefits would be overwhelmingly positive both physically and mentally.

*Sometimes later
becomes never
– do it now*

**Motivational quote
of the day**



> Exercise is proven to lower anxiety and help you become more resilient to stress