

Some Psychological Benefits of Exercise

Did you know that exercise actually promotes a positive mood, reducing stress, improving sleep and reducing depression and anxiety?

Yes that's right just by exercising it has positive benefits **MENTALLY!!!**

POSITIVE MOOD

Generally after a person works out they feel really good. Feeling good can mean a lot of things to a lot of different people. Some of these good feelings come from satisfaction. This positive mood and energy seen after exercise can give you a more positive outlook on life. Exercise will also give you a feeling of relaxation and stress reduction, alertness and improved ability to concentrate and focus, all leading to a positive mood.

STRESS REDUCTION

Stress is the outcome of challenging situations in our lives. Stress can come out physically such as headaches and stomachaches or some emotional symptoms can be frustration, anger and irritability. This is important because anger is associated with **hypertension** and **heart disease**. After exercise people generally seem to be less angry and stressed. Pick a time of day that is most beneficial for you. An early morning workout can have a person ready for the day's stress. A midday workout can provide that person a break from the day's stress and feel less angry or irritable. A later workout can help release tension and worries from the day and have you all set before going home and going to bed.

IMPROVES SLEEP

Regular exercise can improve your sleep. People will fall asleep quicker and easier, while hitting longer spurts of deep sleep, which will lead to feeling more refreshed in the morning. Remember that regular exercise has positive outcomes on stress, anxiety and depression and reduces emotional health problems.

REDUCE ANXIETY AND DEPRESSION

With regular exercise according to research it is associated with reductions of anxiety and depression. That feeling of worry, self-doubt, fear and uncertainty is a trait of anxiety.

State anxiety is in a situation base or temporary anxiety. An example would be sweaty palms, rapid heart rate, or butterflies in your stomach before a big event. Some can have ongoing anxiety all day. 1 in every 4 people suffer from clinical depression. You can have a negative mood, feeling of hopelessness. Some can be so severe it can interfere with their everyday life. Exercise has shown improved mood in people with depression. Research has shown that regular exercise has the greatest impact on depression and is comparable to psychotherapy and medication for mild to moderate depression.

That's how **IRON THERAPY TRAINING** was named. The iron is our therapy.

