

The impact of regular exercise linking to physical and mental aspects.

Regular exercise has a strong impact on physical and mental health. The benefits of both physical and mental activity have been shown to prevent long term illnesses such as heart disease and some cancers, not only does exercise improve your health but also has mental benefits such as improved sleep, boosts energy levels, lowers the chances of type 2 diabetes and to help people feel better overall.

The benefit of physical activity keeps the body fit and healthy making t feel strong. It can improve heart function by lowering blood pressure and increase cholesterol to help prevent heart disease. it also helps with weight management which helps the body burn calories and boosts the metabolism. By doing physical activity it maintains and improves muscle and bone strength which can increase the muscle mass and improve the bone density.

The mental benefits is that regular activity can reduce the symptoms of stress, anxiety and depression this happens when, exercising the body releases chemicals such as endorphins and serotonin which will improve mood and make them feel happier. Stress reduction can lower cortisol levels and promotes relaxation. By sleeping improvement helps people think clearly, by doing regular exercise has been shown to feel more confident and have higher self-esteem.

Linking those too together shows that people are more likely to feel stronger and fitter and more confident, just by staying active for example when people achieve a fitness goal it can increase their confidence and reduce stress but also gives them the motivation to carry on and achieve better and higher fitness goals. This creates a cycle of positive outlook by being active encourages more activity regularly such as a daily walk which puts a positive impact on the brain and body.

For children aged 5 to 18 should be doing 60 minutes of moderate or vigorous activity per day like aerobic exercise to keep the body moving which helps with joint movement and blood circulation such as a walk. 5 to 18 with disability should be exercising for 20 minutes per day and to spread it out throughout the day. No matter age, ability etc it's important that exercise is maintained in daily tasks each day such as going for walks, cleaning, gardening. It keeps the mind feeling relaxed and calm.

Physical activity is one of the best ways to improve your mental and physical health, it can reduce the risk of diseases, it strengthens the body and benefits emotional wellbeing, the benefits go beyond what other strategies and do, the benefit by moving the body is far greater than sitting down all day .’ Exercise can include things like walking, running, cycling or team sports. You might do it to improve a skill, build your strength, or as part of a social activity’(mind, 2023) Improving sleep, mood enhancement, stress levels, weight management, feeling confident just by doing regular physical activity. Mental well-being is just as important and physical activity, it's important that the mind and body link together to ensure good health is maintained.

[Role of Physical Activity on Mental Health and Well-Being: A Review - PMC](#)

[Benefits of exercise - NHS](#)

[How often should I exercise to stay healthy? - BBC Bitesize](#)

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