



Correlation Between Physical Activities And Mental Health

Lara Sulzbach



Agenda



Motivation



Used data



Analysis

Insight into Mental Health
Insight into Physical
Activities
Correlation between Mental
Health and Physical
Activities

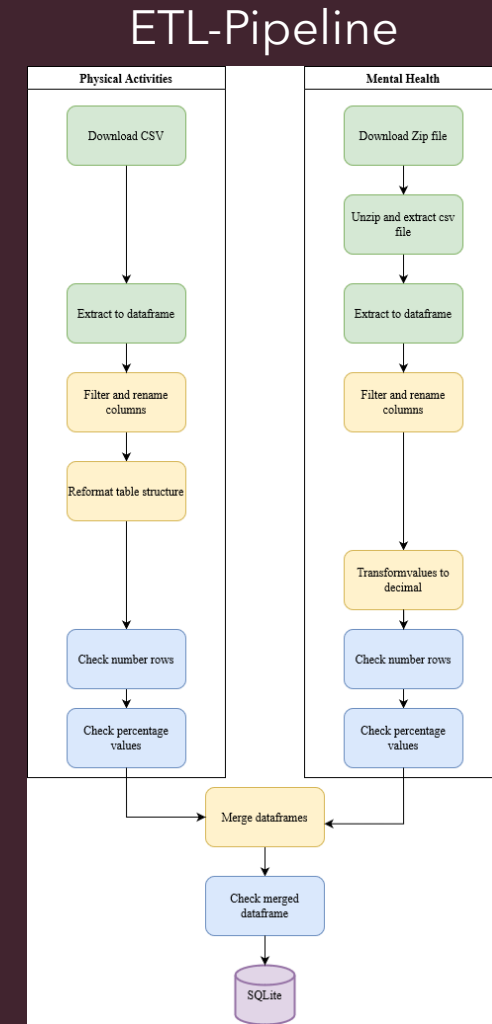
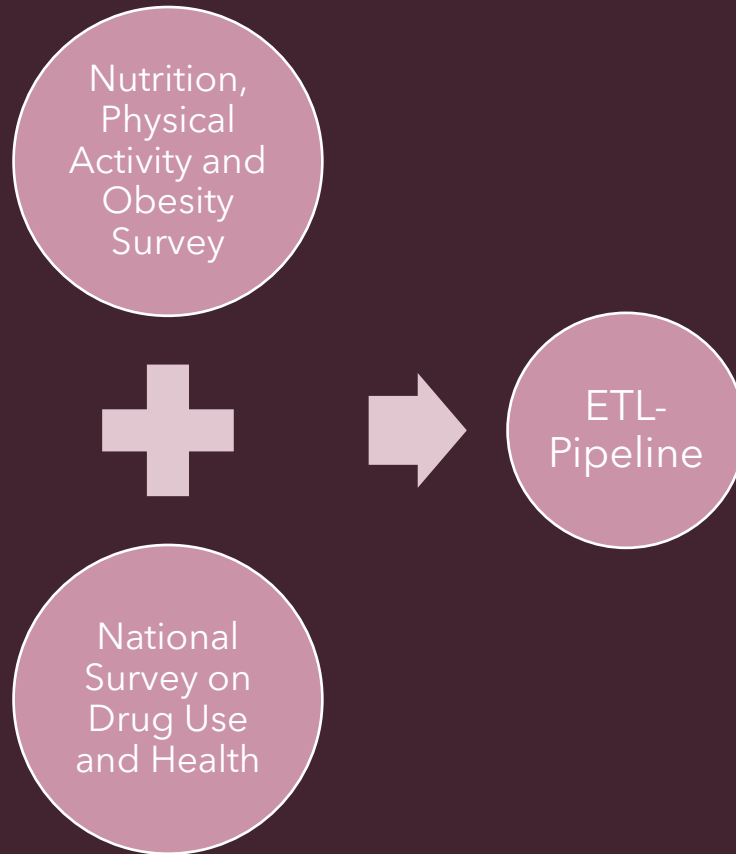


Conclusion

„It is exercise alone that supports the
spirit and keeps the mind in vigour“
(Marcus Tullius Cicero, 63 BC)



Used data



Resulting Table:

State

Percentage of people
struggling with mental
health

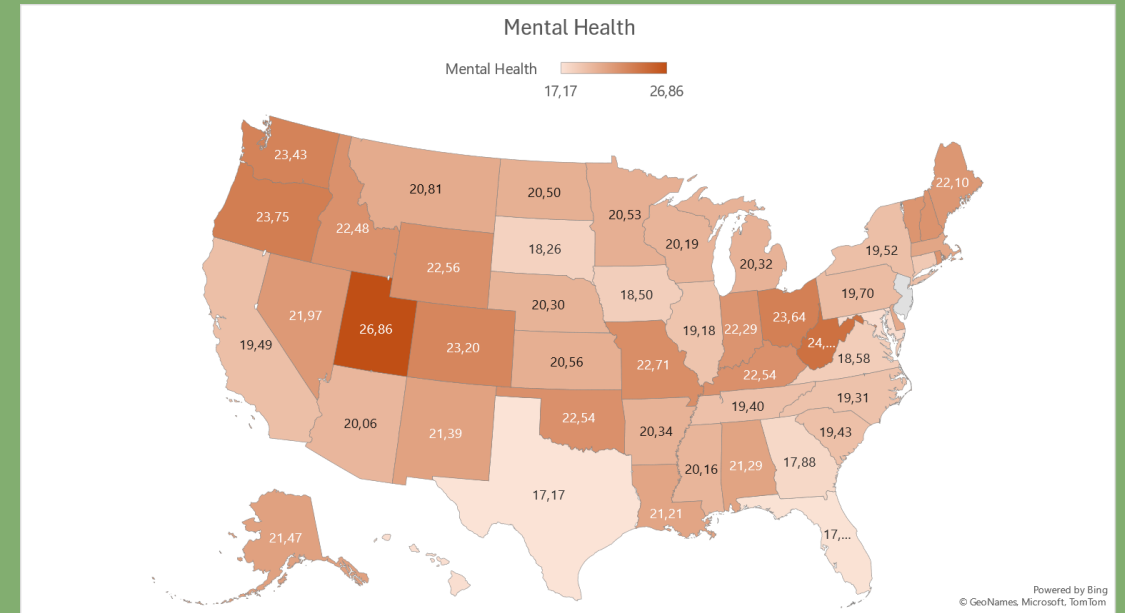
Percentage of people
spending a certain
amount of time on
physical activity
subdivided into 4
gradations



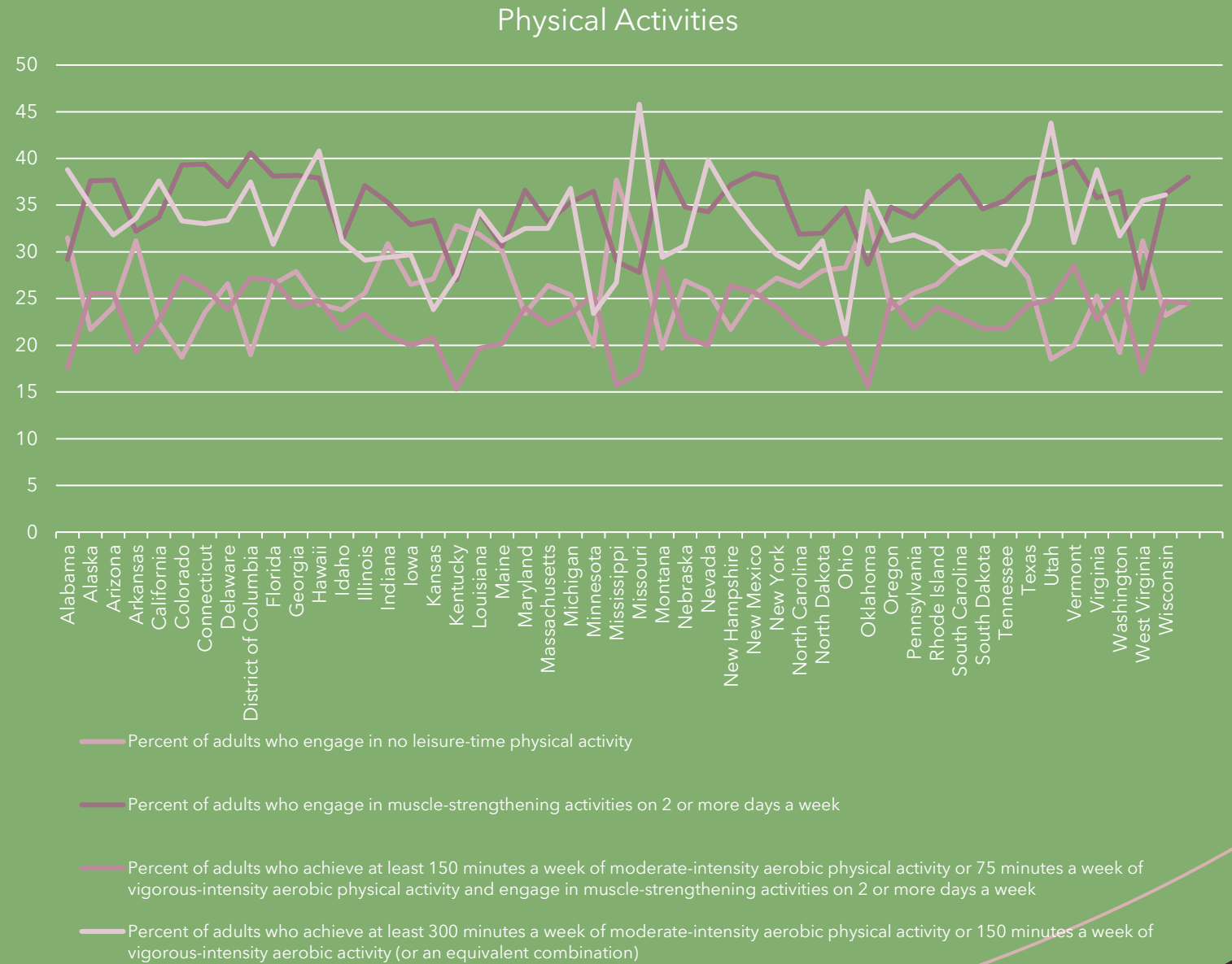
Analysis



INSIGHT INTO MENTAL HEALTH

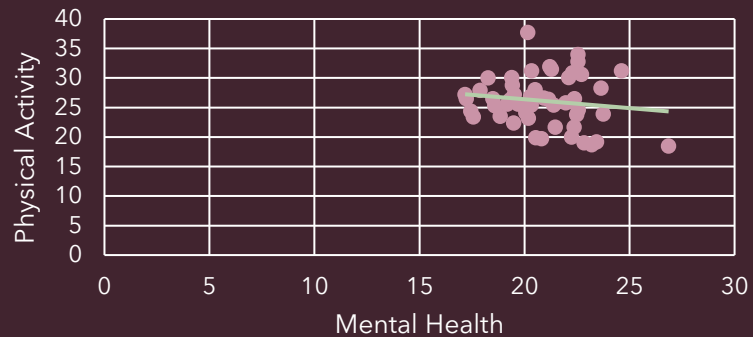


INSIGHT INTO PHYSICAL ACTIVITY

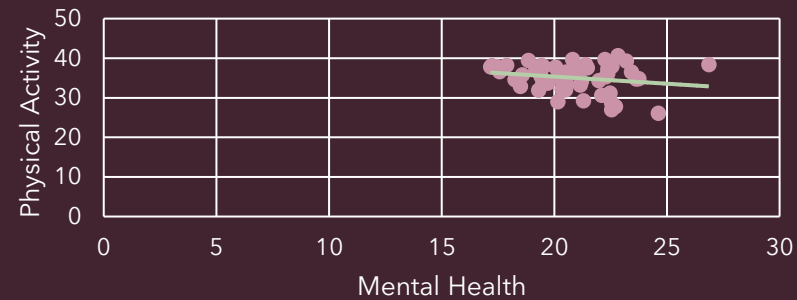


CORRELATION BETWEEN MENTAL HEALTH AND PHYSICAL ACTIVITIES

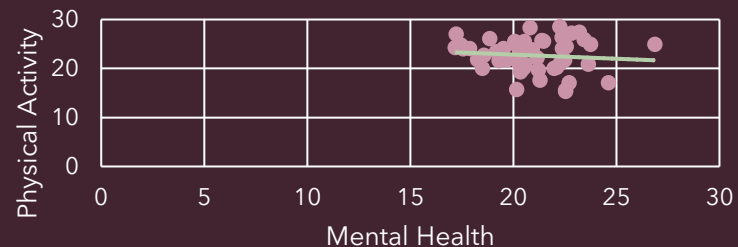
Percent of adults who engage in no leisure-time physical activity



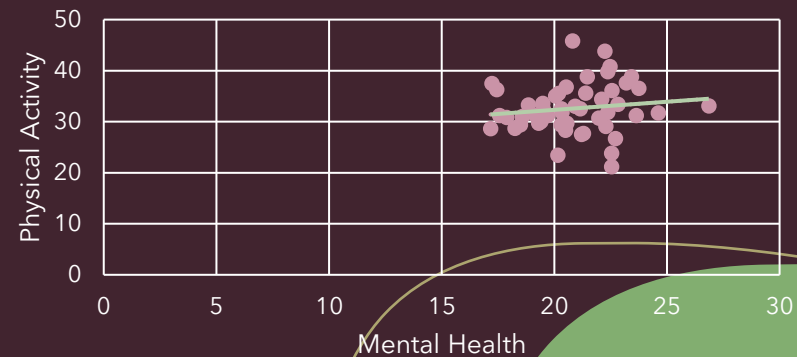
Percent of adults who engage in muscle-strengthening activities on 2 or more days a week



Percent of adults who achieve at least 150 minutes a week of moderate-intensity aerobic physical activity or 75 minutes a week of vigorous-intensity aerobic physical activity and engage in muscle-strengthening activities on 2 or more days a week



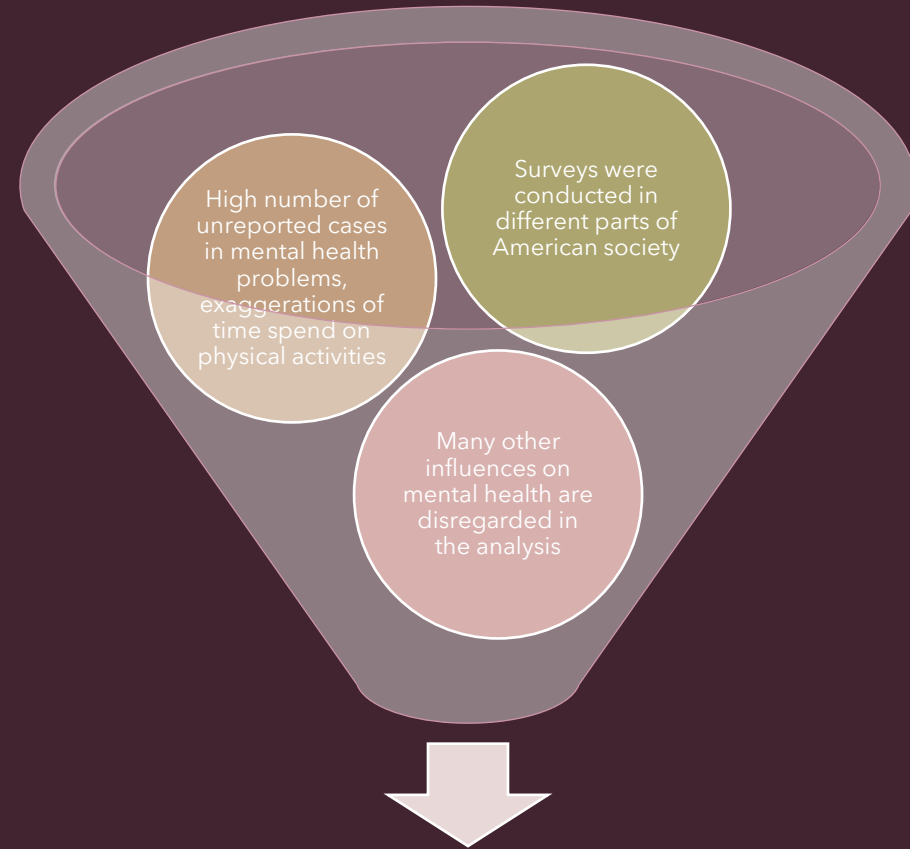
Percent of adults who achieve at least 300 minutes a week of moderate-intensity aerobic physical activity or 150 minutes a week of vigorous-intensity aerobic activity (or an equivalent combination)



Correlation Coefficients

Amount of time spent on Physical Activities	Correlation coefficient
no time at all	−0.144153906
muscle-strengthening activities on 2 or more days a week	−0.207670302
at least 150 minutes a week of moderate-intensity aerobic physical activity or 75 minutes a week of vigorous-intensity aerobic physical activity and engage in muscle-strengthening activities on 2 or more days a week	−0.10440433
at least 300 minutes a week of moderate-intensity aerobic physical activity or 150 minutes a week of vigorous-intensity aerobic activity	0.135512501

Conclusion



Very weak correlations