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Mental Health Benefits of Exercise and Physical Activity

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Research shows the benefits of exercise and physical activity go beyond just physical well-being. Adults should do at least 150 minutes (2 1/2 hours) a week of moderate-intensity aerobic exercise, according to the [Physical Activity Guidelines for Americans](#).

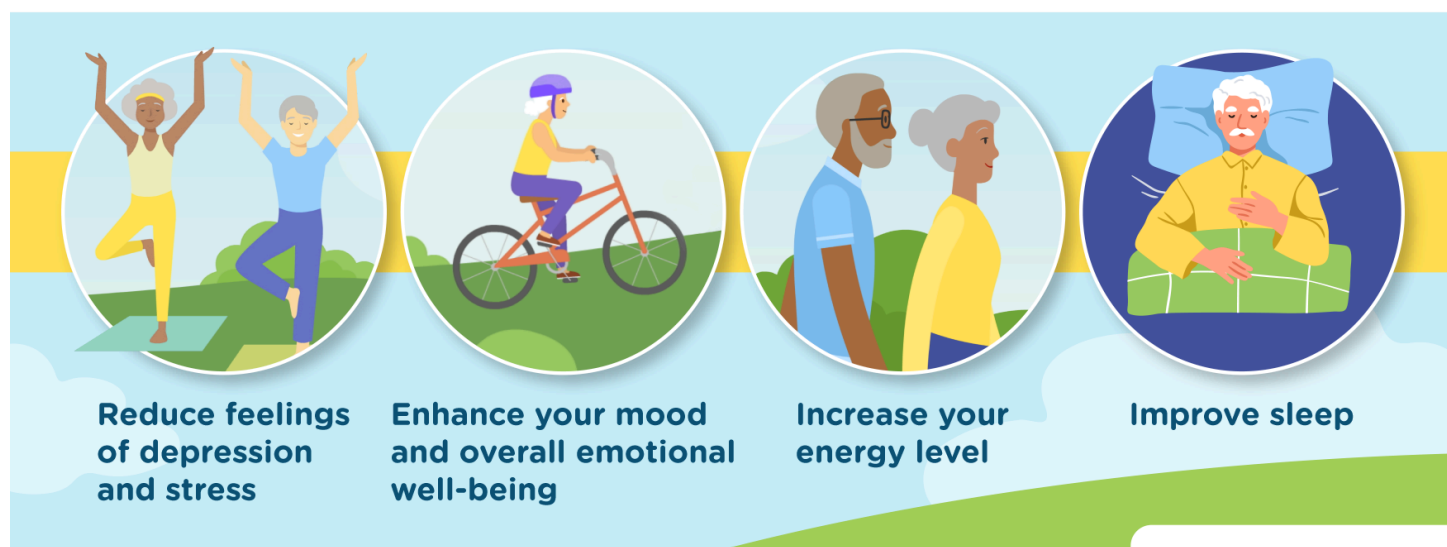
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The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



To learn more about the benefits of exercise visit www.nia.nih.gov/exercise.



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