**COMPUTER SCIENCE AQA A-LEVEL NEA**

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# ANALYSIS

In an age of an ever-increasing reliance on technology, with more and more people adopting a sedentary lifestyle, health and fitness has become an aspect that in many cases have become neglected. However, there is now an increasing pressure on governments and on society to change old habits of an unhealthy lifestyle, to a more active one.

Countless studies suggest that exercising not only improves physical health but also has significant impact on improving mental health and relieving stress. One study suggests that those who exercised had 43.2% fewer days of poor mental health in a month than those who did not.

# References

1. Association between physical exercise and mental health in 1·2 million individuals in the USA between 2011 and 2015: a cross-sectional study. (n.d.).