

Exercise & Mental Health

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The Problem and why it matters

- Roughly 20% of all American adults suffer with mental health issues
- Around 50 million adults in America suffer from mental health problems
- Estimated 49% of teens have suffered from mental health issues
- Mental health issues are the problem and it matters because it will affect most people at some point in their lives

How to use exercise to help with mental health

- Doing just 30 minutes of exercise at least 3 days a week has been proven to improve mental health issues like anxiety and depression
- Simple exercise, like walking or hiking can be just as effective as harder, intensive exercise.

Solutions

- Health and exercise tracking app
- Apps that help track mood and stress throughout the day
- An app that can combine both tracking mental health throughout the day and workouts and exercise throughout the week
- Encourages certain workouts depending on how you feel

Sources

[Source 1](#)

[Source 2](#)

[Source 3](#)