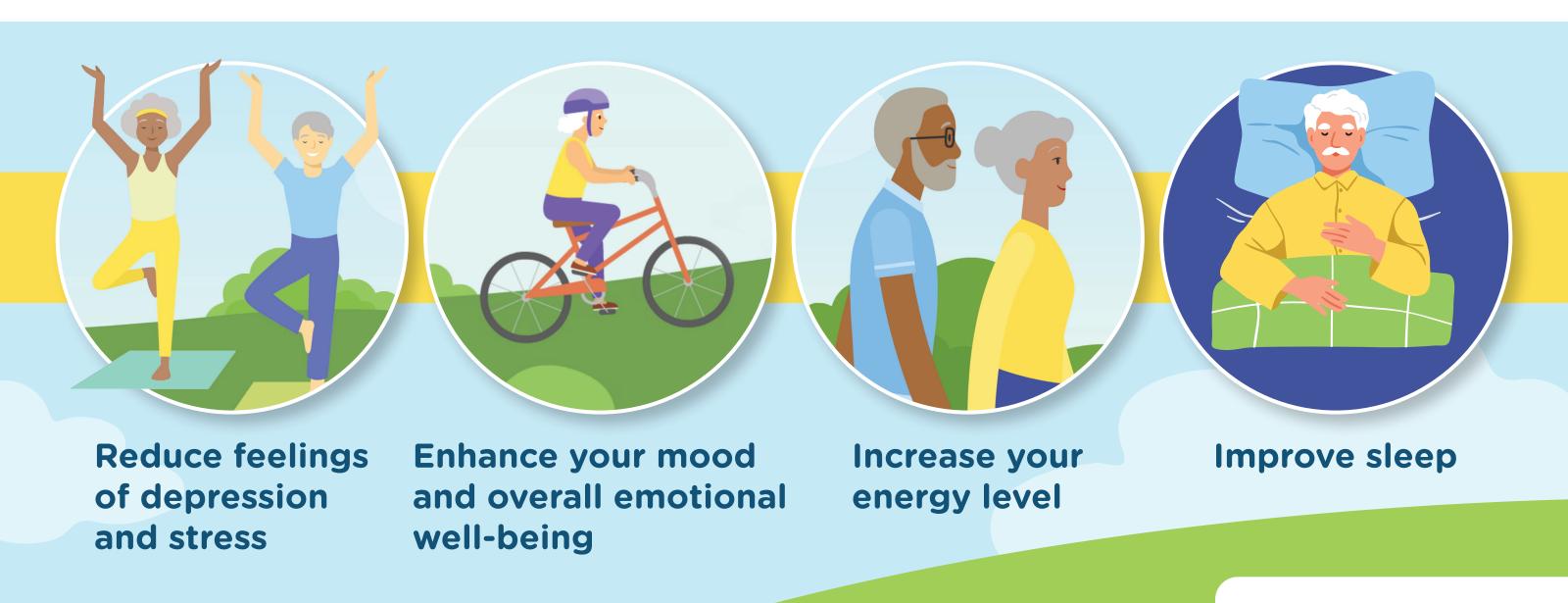# The Mental Health Benefits of Exercise and Physical Activity

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

Reduce feelings of depression and stress

Enhance your mood and overall emotional well-being

Increase your energy level

Improve sleep

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

NIH | National Institute on Aging