



Exercise for Mental Health

'Aside from physiological changes within the body, exercise helps clear the mind by reducing fatigue and restlessness. As well as aid in improving mood, self confidence and quality of sleep'

Choose an exercise activity that you enjoy to perform. Exercise should be fun!

'In a recent study by The Australian Psychological Society, 65% reported that their current stress levels were impacting their mental health'



The American College of Sports Medicine recommends thirty minutes of moderate intensity aerobic exercise five days per week. Plus performing resistance training exercises twice a week.



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