

Exercise Helps Maintain Emotional & Mental Health

Posted by [Adrian Medina](#) on August 19, 2011



Exercise can help one to maintain good physical health to lead to an active life. It can promote longevity and create quality life for any person. In addition exercise helps to promote and maintain a good mental and emotional life also.

Stress is the curse of modern life and everyone's life. People are leading more active lives with jobs in 24/7 firms who pay them a lump sum pay packet but expect them to work hard to accomplish high targets. This stress leads to one feeling very lethargic and drained off. Stress contributes to ones immune system becoming very weak, with loss of quality sleep and weight gain. Exercise helps to relax one's mind, helping to boost energy levels and helps to improve mental health of the person.

Besides, exercise improves ones emotional health and ones attitude changes from "I am surviving" to "I am living". Exercise along with nutritious and healthy diet helps one to feel good of oneself. So one should take up some physical activity to help release stress. This is especially a warning for those who lead sedentary lives. Get off your couch and do some physical activity daily.

