



focus\_contributor.

# FITNESS UPDATE

FROM MISS MOTIVATOR



## EXERCISE FOR MENTAL HEALTH

**H**i team and welcome to another Fitness Update. This month let's chat about the benefits of exercise for mental health. It's no secret that a little movement each day can work wonders for not only your physical health but also your mental health.

I know, when you are feeling down and out, exercising is possibly the last thing that you feel like doing, but research shows that 30 minutes of moderate exercise each day can help to manage your mental health. If you can't do 30 minutes, start with 10, anything is better than nothing!

When I chat with our members, it is very common for them to report that they are not only feeling better physically but also mentally since starting a regular exercise routine. Of course everyone is different and there are absolutely times when you need medical help, however exercise is a great tool to put in the kit to help boost your mental health. Members often tell us that exercise helps them to get through their day better; from managing young children or elderly relatives to stressful work environments and other challenges that

we are faced with on a daily basis.

### Here are the facts about the possible magic effects of a little exercise each day:

- It can help to reduce stress and alleviate anxiety
- It can help to boost your happy chemicals (endorphins)
- It can help to alleviate brain fog, sharpen memory and prevents cognitive decline
- It can help you to improve sleep

In my opinion exercise is a key tool in boosting your mental health.

Here are my top tips to start moving and start feeling the mental health benefits;

- Start slowly and choose something simple – such as walking in an outdoor environment. Getting outdoors into the sunshine can help. You could even take a friend along, someone that will help to get you out the door, someone that will support you even when you aren't

feeling great.

- Set up a regular routine and mark it in the diary. This is just like a medical appointment for your mental and physical health.
- Join a group – surrounding yourself with

others can help you to feel supported and you can usually be assured to have a laugh.

- Know that it's ok not to feel amazing each and every day. Sometimes it will be hard to get out the door but that's ok. Just turn up – once you get out and moving I guarantee you will be glad you did.
- Work at level that suits you – don't try to keep up with others. We all have our own stories – you do you!
- Add some mindfulness to your session – take some time to breathe, feel the sun and breeze on your skin and appreciate your surroundings. A moment of mindfulness and gratitude each day can help to refocus on the positives.

- Don't feel guilty about taking some "me" time. This is essential to having a healthy mind. You need to be healthy before you can effectively support and help others.

Miss Motivator Women's Workouts is here to help you with your physical health and fitness needs. Just so happens you will be helping your mental health in the process.

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