



ADULT

HEALTH BULLETIN

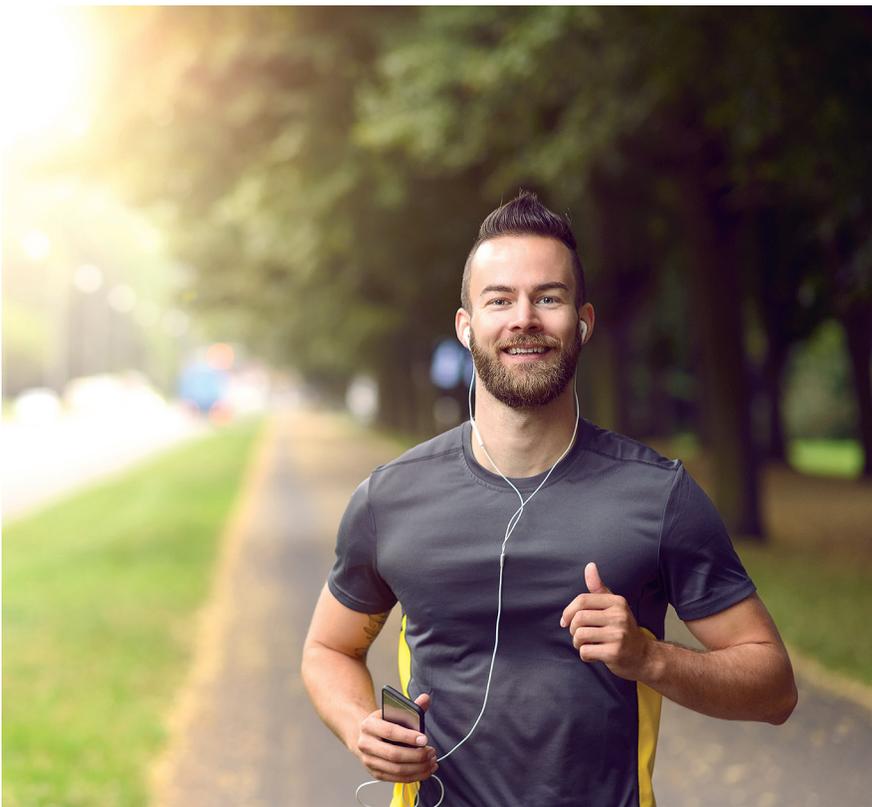


SEPTEMBER 2018

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THIS MONTH'S TOPIC:

EXERCISE MAKES YOU HAPPIER



Exercise has been proven to naturally reduce the symptoms of depression. New research, published in June 2018, showed that resistance exercise training significantly reduced depressive symptoms among adults regardless of health status or improvements from exercise. Exercise helps in two ways: keeping the body healthy and releasing endorphins to lift your mood.

The idea that moving can affect our moods is not new. Many of us would probably say that we feel less cranky or more relaxed after a jog or visit to the gym. Research shows that people who are physically active have a much lower risk of developing depression or anxiety than people who rarely move.

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The good news — any amount or type of exercise can have an effect on your happiness. Even if you only work out once a week or do 10 minutes a day of physical activity — your mood will boost! But more movement contributes to greater happiness. When people exercise for at least 30 minutes on most days, which is the recommendation for physical activity, they consider themselves happier.

Why physical activity makes you happier

- Dopamine, a chemical that plays a role in happiness, is a neurotransmitter in the brain that's necessary for feelings of pleasure and happiness. Exercise is the best way to increase your brain's dopamine production.
- Exercise makes you less stressed out. When you subject yourself to the stress of exercise, raising your heart rate, your body will get better at handling life's stressors.
- Exercise boosts your confidence and energy levels.
- It's social! Exercising in a group can be fun and interactive.
- It fights insomnia. Staying active and exercising on a regular basis has been shown to improve sleeping. In addition, regular exercise will not only significantly improve your sleep quality, it can also help you get out of bed in the morning and do things.

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REFERENCES:

- Gordon BR, McDowell CP, Hallgren M, Meyer JD, Lyons M, Herring MP. Association of Efficacy of Resistance Exercise Training With Depressive Symptoms Meta-analysis and Meta-regression Analysis of Randomized Clinical Trials. *JAMA Psychiatry*. 2018;75(6):566–576. doi:10.1001/jamapsychiatry.2018.0572
- Felipe B. Schuch, Ph.D., Davy Vancampfort, Ph.D., Joseph Firth, Ph.D. Physical Activity and Incident Depression: A Meta-Analysis of Prospective Cohort Studies. *The American Journal of Psychiatry*. 25 Apr 2018

Daily physical activity can help reduce your risk of mental illness and other potentially risky behaviors, including suicide. Exercise, and be happy!

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