Release feel-good endorphins
Working out can trigger a positive feeling in the body, also called a runner’s high. And you don't have to be a runner to experience it. Any activity that gets your muscles moving and your heart pumping helps you release chemicals called endorphins.1

Try this: Walk at a brisk pace for 30 minutes.

Clear your mind
Physical activity can also help you feel better simply by shifting your focus. Doing something active with your body can take your mind off negative thoughts and worries that fuel depression and anxiety.1

Try this: Tackle a cleaning project at home like vacuuming or washing windows.

Boost self-esteem
Working out gives you a sense of accomplishment. Maybe it isn’t easy getting out there, but it sure feels good when you’re done. You can build confidence each time you work out when you start to see progress. You feel stronger and you can add time or intensity to your workout.

Try this: Lift weights or do lunges and squats.

Connect with people
When you're feeling down, being around supportive people can help bring you up. Exercise is a great way to make positive connections, whether it's with a dance class or cycling club.

Try this: Join a fitness class or try obstacle course training.

Source:

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

Together, all the way.