



U.S. Public Health Service Commissioned Corps

Junior Officer Advisory Group

“Protecting, promoting, and advancing the health and safety of the Nation”

MARCH 2016

GET FIT - STAY FIT

MENTAL HEALTH

Exercise is not only good for your physical health, but it also benefits your mental health. Regular exercise can:

- Decrease depression
 - Decrease anxiety
 - Improve ADHD
 - Relieve stress
 - Improve coping mechanisms
 - Enhance endurance
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- Improve memory
 - Improve self-esteem
 - Increase energy
 - Improve sleep
 - Boost immune system
 - Encourage weight loss

Why Exercise?

Exercise increases blood circulation to the brain and stimulates the hypothalamic-pituitary-adrenal axis, which communicates with various areas of the brain. This action triggers the beneficial effects of exercise (see above).

To view upcoming PHS Athletics events, visit <http://www.publichealthserviceathletics.org/>

To view the Get Fit Stay Fit website, visit https://dcp.psc.gov/osg/JOAG/resources_getstayfit.aspx

To view Sources, visit the following: 1. “Exercise for Mental Health.” Web 17 FEB 2016. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/>

2. Help Guide. “The Mental Health Benefits of Exercise.” Web 17 FEB 2016. <http://www.helpguide.org/articles/exercise-fitness/emotional-benefits-of-exercise.htm>

DISCLAIMER-

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose or treat any medical condition, or to replace your healthcare professional.