

15 Ways exercise makes you a happier person!

1. Lowers Anxiety & Depression

As little as 5 minutes of exercise can start to brighten your mood. A full workout can have effects that last for hours.



2. Energy Booster

Exercise increases your breathing, gets your heart pumping and your body energized.



3. Be More Social

Playing a team game, walking with a friend or spotting someone at the weights, can help you get more out of your workout and more from life.

4. Improved Body Image

Exercise promotes healthy weight loss and higher muscle tone. It improves the way you feel about your body.



5. Mood Enhancer

Exercise is one of the best ways to increase your brain's dopamine production, a chemical in the brain that's associated with feelings of pleasure and happiness.



6. Stress Reducer

The more you exercise, the better your body can handle stress.



7. Get Better Sleep

Regular exercise can improve the quality of sleep. Better sleep is tied to a better mood, memory, and overall health.

8. More Self-Confidence

Exercising boosts your confidence by seeing your body transforming for the better.



9. Boosts Brain Power

Good cardio can help create new brain cells, improving overall brain performance.

10. Be More Creative

Boost creativity with a great workout. We're all in a better mood when our creative juices are flowing.

11. Better Coping Skills

Exercise can help you cope with life challenges in a healthy and happy way.

12. Strengthens Your Immune System

As you exercise, you raise your body temperature which helps to kill off bad bacteria and can stop you from getting sick.



13. Better Skin

Sweating and increasing blood flow releases toxins that you can wash away.

14. Helps Addiction Recovery

Exercise can help in getting addiction under control; it helps restore the brain's balance of "happiness-inducing" chemicals.



15. It Gets You Outdoors

Take in the fresh air and sunlight by exercising outdoors. It improves your mood and self-esteem and leaves you feeling revitalized.

