Module 3: Mental Training
Topic 4 Content: Benefits of Exercise on Stress Notes

Introduction

Exercise is a great way to reduce your levels of stress. When you are stressed, exercise can provide you with the best possible stress relief. In this interactivity, click **NEXT** to learn about the benefits of exercise on stress.

Releases Frustrations

Exercise can help you release your frustrations.

Decreases Cortisol

Exercise can decrease the level of the stress hormone cortisol. View the image to learn about the functions of the hormone cortisol.

Increases Endorphins

Exercise increases endorphins. This will make your feel happier.

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Eases Your Mind

Exercise will ease your mind and help you forget the problems that are causing stress.

Improves Your Self-Esteem

Exercise will strengthen and tone your muscles, which increases the overall condition and appearance of your body. This can lead to an increase in self-esteem.

Improves Your Health

Exercise improves your health by lowering your blood pressure and cholesterol, managing your weight, increasing your muscle strength and endurance, and increasing your flexibility and bone density.