

Physical Activity Matters

Welcome to our third topic of the
Mental Health Matters Series:
Physical Activity

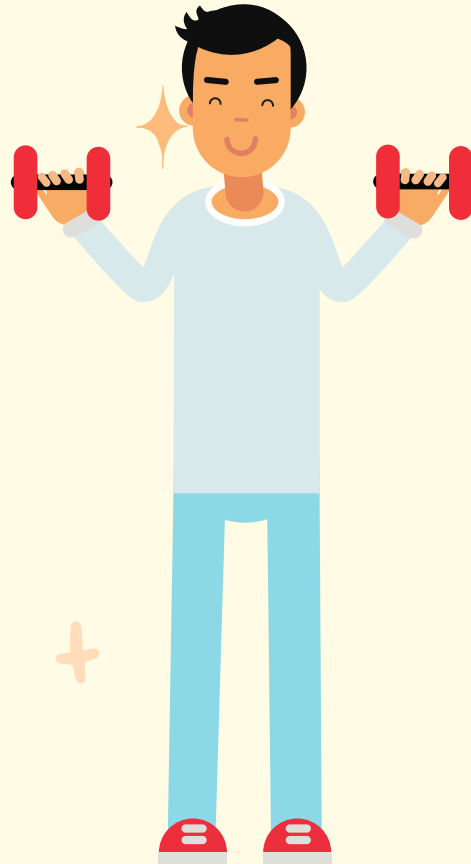
Physical Activity Matters

Physical activity improves mood

Physical activity helps sleep

Physical activity keeps your body healthy

Physical activity is fun



Physical Activity Matters

Encourage play and exercise outside

Aim for at least 60 minutes of
physical activity a day

Go for a walk together

Check out a new park or hiking trail

Have fun and feel better

Physical Activity Matters

Research has consistently shown that even small amounts of physical activity can decrease symptoms anxiety and depression

Physical Activity Matters

Engaging in
regular physical
activity is a great
way to manage
stress and
improve overall
wellness

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