



Decreasing Stress through Exercise

Stress can result from multiple factors that can affect a person's mood, mentality, and physical wellbeing. If not appropriately managed, stress can lead to anxiety and depression, which can affect work productivity and social life.

One way to limit the effects of stress is to incorporate exercise or physical activity into daily routines.

Regular exercise slows down the release of stressor hormones. If too many stressor hormones are released frequently in the body, the body could be at risk for the following:

- High blood pressure
- Heart disease
- Diabetes
- Obesity

30 minutes of routine exercise can decrease the risk of these health issues.

Examples of 30 minute activity sessions:

- Riding a bike or walking around the neighborhood
- Performing a 30 minute NOFFS app training session at home
- Playing a recreational sport or activity such as tennis or skiing

Not only will you be able to increase your physical activity, but you will also be able to take a step back from your stressful environment to assess the problems and focus on the solutions. Exercise provides a great opportunity to reflect and to appreciate the joy life has to offer.

