



Exercise and Men's Mental Health

Why exercise is important for men's mental health, and physical wellbeing



“Physical inactivity is one of the leading risk factors for death worldwide”



“Globally, 1 in 4 adults are not active enough”

Exercise your mind as well as your body

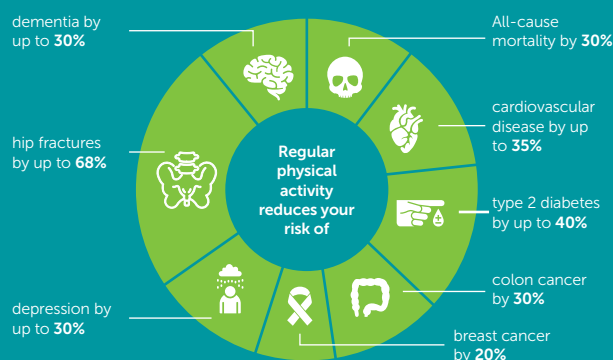
Untreated mental illnesses can lead to high-risk behaviours such as substance misuse, gambling, and other types of addiction. Unresolved emotional issues can also impair a man's capacity to participate effectively in society and within his family, potentially leading to suicide thoughts and attempts.

Exercise benefits mental health by decreasing anxiety, depression, and bad mood, as well as enhancing self-esteem and cognitive performance. Exercise has also been shown to help with symptoms including low self-esteem and social withdrawal.

Why Exercise Is So Important for Men's Mental Health?

- Physical activity encourages the release of endorphins. We experience a natural high when we move because endorphins, the body's "feel wonderful" drug, basically make us feel great.
- You get some time to yourself. Let's face it, life is hectic with job, families, and friends; by getting out and about, you give yourself some time to relax and concentrate more on you.
- If you enjoy team sports, it's a terrific way to strengthen the interpersonal relationships that enable us to live more fulfilling lives.
- Exercise helps the body combat and prevent chronic disease. What makes this good?

What are the health benefits of physical activity?



Not only will you live longer, but you'll also be healthier because many chronic conditions have been related to a rise in mental health issues, so you'll be working hard to maintain your mental health as well.

- Even though it might seem straightforward, exercise contributes to a leaner, healthier body. You'll feel better about yourself and your appearance as a result.

What exercise to do?

The good thing about exercise is that it doesn't need to be specific, no one exercise is better than the next. More isn't always better, regular exercise can help you maintain a healthy weight, relieve stress, and improve your quality of life. Here are some examples of things you can do:

- Try walking, jogging, biking, and swimming. It doesn't need to be for hours on end if you're just getting started try 10 minutes a day and build it up!
- Yoga and Pilates are great ways to exercise socially and promote body awareness
- Weight training can improve muscle tone and help strengthen joints and bones
- Finally, just move! Active hobbies are a great way to stay fit whilst exercising

Ultimately be realistic and set goals along the way to help track your progression and stay motivated, don't be afraid to get creative and try new activities or hobbies!