

Fight Depression with Exercise!

Many studies show that people who exercise regularly benefit with a positive boost in mood and lower rates of depression.

What Are the Psychological Benefits of Exercise With Depression?

Improved self-esteem is a key psychological benefit of regular physical activity. When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain.

Endorphins also trigger a positive feeling in the body, similar to that of morphine. For example, the feeling that follows a run or workout is often described as "euphoric." That feeling, known as a "runner's high," can be accompanied by a positive and energizing outlook on life.

Endorphins act as analgesics, which means they diminish the perception of pain. They also act as sedatives. They are manufactured in your brain, spinal cord, and many other parts of your body and are released in response to brain chemicals called neurotransmitters. The neuron receptors endorphins bind to are the same ones that bind some pain medicines. However, unlike with morphine, the activation of these receptors by the body's endorphins does not lead to addiction or dependence.

Regular exercise has been proven to:

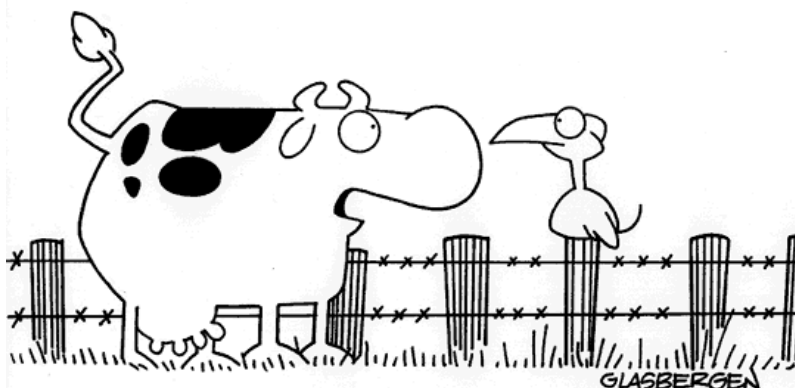
- Reduce stress
- Ward off anxiety and feelings of depression
- Boost self-esteem
- Improve sleep

Exercise also has these added health benefits:

- It strengthens your heart.
- It increases energy levels.
- It lowers blood pressure.
- It improves muscle tone and strength.
- It strengthens and builds bones.
- It helps reduce body fat.
- It makes you look fit and healthy.

For more information or for complete article visit: <http://www.webmd.com/depression/guide/exercise-depression>

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**"It's true, I did jump over the moon.
I had waaaaay too much coffee that day!"**