

---

## SPORT & EXERCISE & NUTRITION FOR MENTAL HEALTH & WELLBEING GUIDE

---

**Why is Exercise Good For Mental Health & Wellbeing?** Is collectively as a cheap pencil to enhance our Health and wellbeing. your birthday is 10 minutes search walking light weights, increases hour mental alertness, anything and positive all-round mood. participation in regular exercise and physical activities can help support good healthy and self-worth and helps reduce stress and anxiety.

**Is Weight-Lifting Good For My Mental Health & Wellbeing?** Weightlifting and compound exercises I would great way of increasing yourself esteem Southwest at when your body is put under stress from weightlifting your body releases endorphins who's your overall mood. When you do weightlift your body and your muscles breakdown and with less, I'm a good diet your muscles repair and grow, which improves your self-image and sense of achievement. Strength Training did not just build muscle it also helps fight depression. studies have found that resistance training also known as weight training can help with symptoms of depression according to a new meta-analysis of studies.



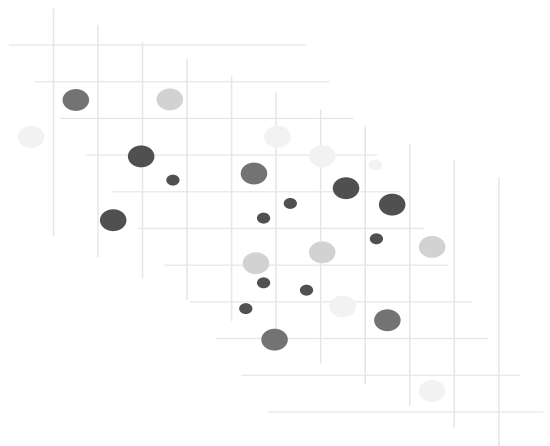


## **Benefits of rigorous exercise for my mental health and wellbeing?**

while experiencing a runners high it's one of the best ways to feel happy and relaxed while running and other forms of vigorous exercise like bike riding long distance walking and author types of cardiovascular exercise. vigorous exercise like cardiovascular forms of exercise provides several mental health benefits such as stress management, sense of achievement and give your body the ability to deal with existing mental tension which in turn helps with your overall mental health and wellbeing.

## **Health tips for good mental health and wellbeing:**

- Get plenty of sleep
- Eat well
- Avoid alcohol smoking and illegal drugs
- Get plenty of fresh air and sunlight
- Manage your stress the best you can
- light and vigorous physical exercise
- Do things you enjoy I.e., hobbies, days out etc
- Connect with others and the sociable
- Doing things for others, this gives a sense of achievement and improved self esteem
- Ask for help when needed



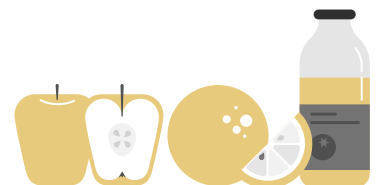


**Why Is A Good Diet Important?** A healthy well-balanced diet can help us think clearly and feel more alert. it can also improve our concentration and our attention span during the day. Conversely, an inadequate diet can lead to fatigue impaired decision-making and can slow down reaction time. From vitamins and minerals to healthy fats and fibre all nutrition plays a role in the brain health. In trans fats including chips eat certain fast food is linked to decreasing serotonin levels in our brain Causing inflammation that could prevent the production of omega-3 fatty acids that improve brain function and mental health and wellbeing.

**How Much Water Should I Consume Per Day?** In the UK, the Eatwell guide suggests you should aim to drink 6-8 glasses of water per day to replace normal water loss, around 1.2 to 1.5 litres. Water, lower fat milk, and sugar free drinks, including tea & coffee, all count.

### **What Vitamins Can Support Good Mental Health & Wellbeing?**

Some mental health problems, Particularly Types Of depression I've been linked to nutritional and vitamin Deficiencies, however If you eat and nutritionally balanced Diet you may still be affected. The vitamin B complex Supplement for example, is essential to mental and emotional wellbeing. always ask your GP if you're not sure.





**Disclaimer:** All information is from mixed sources. Always consult your health professional to seek information based on your health.

## Information Key & Referencing:

NHS UK  
Mental Health Foundation  
Eat Well Guide  
Men's Health UK

