**GET MOVING TO MANAGE STRESS**

Exercise in almost any form can act as a stress reliever. Being active can boost your feel-good endorphins and distract you from daily worries.

**See below for some direct stress-busting benefits of exercise:**

- **It pumps up your endorphins.** Physical activity helps bump up the production of your brain’s feel-good neurotransmitters, called endorphins. Although this function is often referred to as a runner’s high, a rousing game of tennis or a nature hike also can contribute to this same feeling.

- **It’s meditation in motion.** After a fast-paced game of racquetball or several laps in the pool, you’ll often find that you’ve forgotten the day’s irritations and concentrated only on your body’s movements.

- **It improves your mood.** Regular exercise can increase self-confidence, it can relax you, and it can lower the symptoms associated with mild depression and anxiety. It can also improve your sleep.

**A successful exercise program begins with a few simple steps:**

- **Consult with your doctor.** If you haven’t exercised for some time and you have health concerns, you may want to talk to your doctor before starting a routine.

- **Walk before you run.** Build up your fitness level gradually.

- **Do what you love.** Pick an activity that you enjoy.

- **Pencil it in.** Carving out some time to move every day helps you make your exercise program an ongoing priority.

**Source:** The Mayo Clinic