

## **Two Effects of Daily Exercise on Mental Health**

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## **Two Effects of Daily Exercise on Mental Health**

Daily exercise undoubtedly has several positive effects on individuals' mental health.

Even though the psychological state can be improved through other means, sports can help with the most widespread mental issues. Daily physical activities help to promote the mental health of people by preventing onset depression and easing anxiety.

Apart from general health advantages, physical activities can help in preventing onset depression and easing anxiety. The involvement in sports activities for depression treatments is a widely discussed idea in peer-reviewed research. For instance, Budde and Wegner (2018) found that "a total of 25 of the 30 studies found a significant, inverse relationship between baseline physical activity and follow-up depression, suggesting that physical activity can prevent the onset of depression" (p.386). People leading an active lifestyle are less prone to depression than those preferring a sedentary way of living. Moreover, people who exercise feel less anxious in daily life and are less receptive to stress. The research has found that the shift from an active to sedentary lifestyle has been proven to increase the levels of anxiety and feeling of loneliness in people who did not continue their weekly workout routine consisting of approximately 150 minutes (Reynolds, 2020). Thus, people who do not exercise are more likely to experience mental and physical effects of stress leading to severe issues such as depression and anxiety.

In conclusion, an active lifestyle does not only prevent the manifestations of depression, but it also has a calming effect on people with anxiety and improves social life. A sedentary lifestyle can only lead to developing chronic diseases or furthering mood disorders. Therefore, daily physical activity is a promising alternative to a TV that will not only prevent depression but also ease the nerves, reduce anxiety, and bring more social satisfaction into people's lives.

## References

- Budde, H., & Wegner, M. (2018). *The exercise effect on mental health: neurobiological mechanisms* (First edition). Routledge.
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