



# The Benefits Of Exercise On The Mental Health Of Women

We have all heard the great results we can obtain both physically and mentally from exercise. Physically, a regular exercise program can result in better weight management, lower blood pressure, lower sugar, and reduced risk to heart disease and stroke to name a few. Mentally, exercise can make us emotionally feel better, enabling us to handle the fact the clean clothes you put in your daughter's room three days ago are still on the floor... But what you may not know is the "why" it helps. One of the ways is it increases the neurotransmitter called serotonin. Serotonin does several things within the body, but is commonly known as a mood stabilizer. It can reduce depression, regulate anxiety, as well as affect your sleep cycles. ([See source](#))

So if exercise increases the serotonin level, occurs in both males and females, and can make all of us feel better, why is this article entitled 'The Benefits Of Exercise On The Mental Health Of **Women?**...', here is why. Anxiety is defined as uncontrollable fear and excessive worrying, and is diagnosed more often in women than in men. ([See source](#)) As we women age (yup I am in that category) the risk of anxiety and depression rises. We can have trouble sleeping, concentrating, relaxing, all while conveniently gaining weight from just thinking about a cookie... It can be overwhelming to say the least.

The good news is that exercise can help, just by making us feel better. It has been shown that the increase in serotonin during exercise can have the same effect on the body as the medications given to those suffering from anxiety and depression. ([See source](#)) These studies looked at the effect of about 30 minutes of aerobic exercise on serotonin levels, but research is being done on resistance training as well. The point is ladies, when you are feeling down, tired and unmotivated that is the time to move. You will feel better, even while staring at the pile of clothes. You know what they say... "Everyone is only as happy as the mom..", well I say it.

*From Jen*