



# Decreasing Stress through Exercise

**Stress** can result from multiple factors that can affect a person's mood, mentality, and physical wellbeing. If not appropriately managed, stress can lead to anxiety and depression, which can affect work productivity and social life.

**One way to limit the effects of stress is to incorporate exercise or physical activity into daily routines.**

Regular exercise slows down the release of stressor hormones. If too many stressor hormones are released frequently in the body, the body could be at risk for the following:

- High blood pressure
- Heart disease
- Diabetes
- Obesity

30 minutes of routine exercise can decrease the risk of these health issues.

Examples of 30 minute activity sessions:

- Riding a bike or walking around the neighborhood
- Performing a 30 minute NOFFS app training session at home
- Playing a recreational sport or activity such as tennis or skiing

Not only will you be able to increase your physical activity, but you will also be able to take a step back from your stressful environment to assess the problems and focus on the solutions. Exercise provides a great opportunity to reflect and to appreciate the joy life has to offer.

