

Good Mood Exercise



EASTERN MICHIGAN UNIVERSITY
**Center for Health Disparities
Innovations and Studies**



Aerobic Exercise

Regular aerobic activity, such as walking, bicycling or swimming, can help you live longer and have better quality of life. It is important for keeping your heart healthy. These activities can also help improve your mood by reducing stress and anxiety, and improve sleep and overall self esteem.



Strength Training Exercise

Aerobic exercise is more commonly associated with improving your mood, but strength training does too. Research has shown any kind of exercise can prevent depression. Activities such as lifting weights or using your body weight (like push ups) helps improve your confidence and build muscle, which helps you live a long, healthy life.



Tips for Starting a Routine

Aerobic Exercise

The recommended amount of aerobic exercise needed weekly is 150 minutes. Anything that gets your heart beating faster counts. Set reasonable goals for yourself weekly by utilizing an activity diary or tracker.

Strength Training Exercise

It is recommended that muscle strengthening activities are done at least two days a week. If you don't have weights that is OK. Push ups, planks, lunges and squats are equipment free, but a great workout for your muscles!

For more information visit the CDC Physical Activity page at <https://www.cdc.gov/physicalactivity/index.html>