

'Moving Makes us Happy'

- *Extracts pulled from 'Action for Happiness, 10 Keys to Happier Living'*

Being physical active can increase happiness:

- **It boosts our mood:** People generally feel more positive, less negative and more energised and less fatigued after being physically active. As little as 20 minutes a day moderate intensity a day exercise can have a benefit effect on our mood that lasts between two and twelve hours after we've exercised. That's not a bad investment for a few minutes each day!
- **It helps us feel good about ourselves:** Regular exercisers are more likely to experience positive feelings towards our physical selves.
- **Being physical active boost our resilience:** Stress is part of everyday life for many of us, and exercise can help us deal with it. For example:
 - *A single exercise session can help reduce immediate emotional distress and feelings of anxiousness.*
 - *It buffers us from emotional effects of stress, making us less likely to react strongly when things go wrong and recover quickly if they do.*
 - *Exercise can serve as a distraction from our worries and it can help us get to sleep quicker, sleep better for longer and more deeply.*
- **It can make our brain function better:** Growing evidence is showing that physical activity can help with School learning such as improved problem-solving and creativity.
- **Top tips:**

If you are feeling low or lacking energy, getting started with exercise is often the biggest challenge. This is because we can get stuck in a vicious cycle: having no energy stops us being physically active and not being active means, we have no or low energy. The best advice is to start soon with at least a small amount of activity. If you don't usually do any physical activity, then walk around the block for 5 minutes each day at a pace that feels a little brisk for you is an achievement and you can build it up from there.