



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Category - I Deemed to be University) Porur, Chennai



CSS

Centre for Sports Science

Crafting Sports Through Sciences



Sri Ramachandra Faculty of Sports & Exercise Sciences

BENEFITS OF EXERCISES

ON

MENTAL HEALTH



Reduced Stress



Increased Well-Being



Reduced Anxiety and Depression



Improved Sleep



Releases Feel-Good Endorphins



Boosts Brain Power



MENTAL HEALTH

<https://www.verywellmind.com/physical-exercise-for-panic-disorder-and-anxiety-2584094>

<https://www.waldenu.edu/online-bachelors-programs/bs-in-psychology/resource/five-mental-benefits-of-exercise>

<https://www.mentalhealth.org.uk/publications/how-to-using-exercise>



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