



# VISION PERSONAL TRAINING HEALTH & FITNESS TIP

## **REGULAR EXERCISE CAN BE AN EFFECTIVE STRATEGY FOR REDUCING STRESS FOR SEVERAL REASONS**

### **RELEASE OF ENDORPHINS**

PHYSICAL ACTIVITY STIMULATES THE RELEASE OF ENDORPHINS, WHICH ARE OFTEN REFERRED TO AS “FEEL-GOOD” HORMONES. THESE ENDORPHINS ACT AS NATURAL MOOD ELEVATORS AND CAN HELP REDUCE FEELINGS OF STRESS, ANXIETY, AND DEPRESSION.

### **REDUCTION OF STRESS HORMONES**

EXERCISE HELPS REGULATE STRESS HORMONES SUCH AS CORTISOL AND ADRENALINE. BY ENGAGING IN PHYSICAL ACTIVITY, YOU GIVE YOUR BODY AN OUTLET FOR THE PHYSIOLOGICAL RESPONSE TO STRESS. THIS CAN LEAD TO A DECREASE IN THE OVERALL LEVELS OF STRESS HORMONES IN YOUR BODY.

### **IMPROVED SLEEP**

REGULAR EXERCISE CAN IMPROVE THE QUALITY AND DURATION OF SLEEP. GETTING ENOUGH RESTFUL SLEEP IS ESSENTIAL FOR MANAGING STRESS EFFECTIVELY. WHEN YOU SLEEP WELL, YOUR BODY CAN RECOVER AND RESTORE ITSELF, MAKING YOU BETTER EQUIPPED TO HANDLE STRESSORS.

### **DISTRACTION AND FOCUS**

PHYSICAL ACTIVITY ALLOWS YOU TO SHIFT YOUR FOCUS AWAY FROM YOUR WORRIES AND REDIRECT YOUR ATTENTION TO THE PRESENT MOMENT AND THE PHYSICAL SENSATIONS OF EXERCISE. HAVING A PERSONAL TRAINER CAN MEAN NOT HAVING TO “THINK” THROUGHOUT THAT SESSION ABOUT WHAT’S GOING ON IN YOUR WORLD AND ALLOWS YOU TO JUST FOCUS ON YOU!