


## Boost Physical Activity for a Positive Mood



Many of us have heard of the magical mood enhancer called 'endorphins' that are characteristically used in the definition of a 'runner's high', but did you know that you don't have to be a runner to benefit from these mood-altering substances within your body? The benefits start accumulating after just 10 minutes of movement. With regular activity, you may notice that you remember things better, you feel more motivated and it's easier to switch between tasks. No matter your age, gender or physical or mental history, being physically active offers quality-of-life benefits that leave little room for anxiety, depression, low self-esteem or social withdrawal. Less stress, feeling stronger, better moods, more energy and better sleep are reported by many who participate in a variety of movements – endurance, strength, balance, flexibility and even housework.

For more ways to improve your mood, call us at **800-847-7240** to speak to a counselor. No time to talk? Visit your Employee Assistance Program website [www.my-life-resource.com](http://www.my-life-resource.com) to see additional resources. **USERNAME:** hmsa **PASSWORD:** myresource