

Statistically significant and beneficial links between physical activity and depression, general anxiety, mood, general mental health, quality of life, stress, and well-being

- The strongest associations across the board were for depression

Research also suggests exercise is beneficial for anxiety.

The top three exercise types linked to mental health benefits were:

- General physical activity
- Cardiovascular/aerobic physical activity, and
- Yoga

Positive association between physical activity or exercise and mental health

EXERCISE PLAYS A KEY ROLE IN MENTAL HEALTH AND

WELLBEING

