Welcome to our third topic of the Mental Health Matters Series: Physical Activity
Physical Activity Matters

Physical activity helps sleep
Physical activity keeps your body healthy
Physical activity is fun
Physical activity improves mood
Physical Activity Matters

- Encourage play and exercise outside
  - Aim for at least 60 minutes of physical activity a day
- Go for a walk together
- Check out a new park or hiking trail
- Have fun and feel better
Research has consistently shown that even small amounts of physical activity can decrease symptoms of anxiety and depression.
Engaging in regular physical activity is a great way to manage stress and improve overall wellness.