

HOW CAN EXERCISE IMPROVE WELL BEING

 @BelievePHQ



Self Acceptance

Exercise can improve self acceptance by giving an individual a more positive view about themselves



Positive Attitude

By exercising you are improving your health and body image and therefore will start to have a more positive attitude



Autonomy

Exercise can increase your autonomy by making you feel as though as you have more confidence in decisions in which you make



Mastery

Through exercise you can develop environmental mastery by feeling as though you are in charge of the situations in which you live



Personal Growth

Exercise can improve personal growth by giving you more new challenges and making you feel as though you have an aim in life.

Positive Relations



Exercise leads to more positive social interactions which in turn relates to your positive relations with others

Mental Health



Exercise can improve your mood and help to reduce depression and anxiety

