

## NEWSLETTER

## MENTAL HEALTH AND ITS IMPACT ON YOUR PHYSICAL WELLBEING

Exercise can be great for the body but it can be even better for your mental health. Physical fitness can help with slowing down cognitive decline and improve quality of sleep. Our physical therapists can help you learn an effective workout routine. Poor mental health can lead to poor health behaviors and outcomes. It is vital to take care of your mental and physical health during the recovery process.



## STATISTICS ON HOW PHYSICAL THERAPY CAN BENEFIT MENTAL HEALTH

- According to PubMed, during a randomized clinical trial, therapists determined that 1-2 hours of exercise weekly improves physical and mental health in schizophrenia. It improved patients' cardiovascular fitness and reduced the need for intense cognitive treatments.
- For common disorders such as depression and anxiety, exercise helps reduce symptoms and decrease the risks of health conditions such as heart disease or cancer.

<https://pubmed.ncbi.nlm.nih.gov/23106093/>



## HOW TO GET STARTED

Physical therapy addresses body's mechanical needs. However, it can also address your mental health needs. Prior to creating an exercise plan, a licensed and experienced physical therapist will advise you to participate in a health and fitness screening to maximize your physical mental health benefits. After that, an exercise plan will be created based on your goals, medical history and strengthen ability. To prevent injury, make sure to express your concerns to you therapist before and after using the exercise plan. CDC.gov recommends to exercise at least 150 minutes a week and 2 days a week of strengthening activities. To experience maximum physical, mental health benefits, and better quality of life you should exercise regularly.



### 8 BENEFITS OF EXERCISE ON MENTAL HEALTH

- Reduce stress, anxiety and depression.
- Improve cognitive function
- Improve quality of sleep
- Creates sense of achievement
- Provides social support
- Improves social interaction
- Improves quality of life
- Reduces dependence on medications



Sources:

<https://pubmed.ncbi.nlm.nih.gov/23106093/>  
<https://www.raintreeinc.com/blog/physical-therapy-and-mental-health/>  
<https://www.pruept.com/a-physical-therapists-role-in-mental-health/>  
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