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PHYSICAL ACTIVITY

Physical Activity: These Benefits Might Surprise You

It is well-known that physical activity offers a wide range of health benefits, such as improving cardiovascular health, increasing muscular strength, and relieving stress. While these benefits frequently take center stage, there are some lesser-known health benefits as well.

Here are a few that might surprise you:

Libido

Research has found¹ a positive association between moderate physical activity and improved libido in both men and women. It is worth noting, however, that over-training—exercising at high intensities for long periods of time—has been shown to suppress testosterone, which can have the opposite effect on libido.

Self-Confidence

Most people associate exercise with physical improvements, but there are some psychological benefits as well. Exercise has been linked to higher self-confidence and self-esteem², which can help boost resiliency.

Mood

Exercise triggers the release of serotonin, a hormone released by the brain that has been identified by researchers as a key ingredient in mood regulation. Similar to endorphins, serotonin has been the focus of many studies seeking natural approaches to prevent and treat depression.

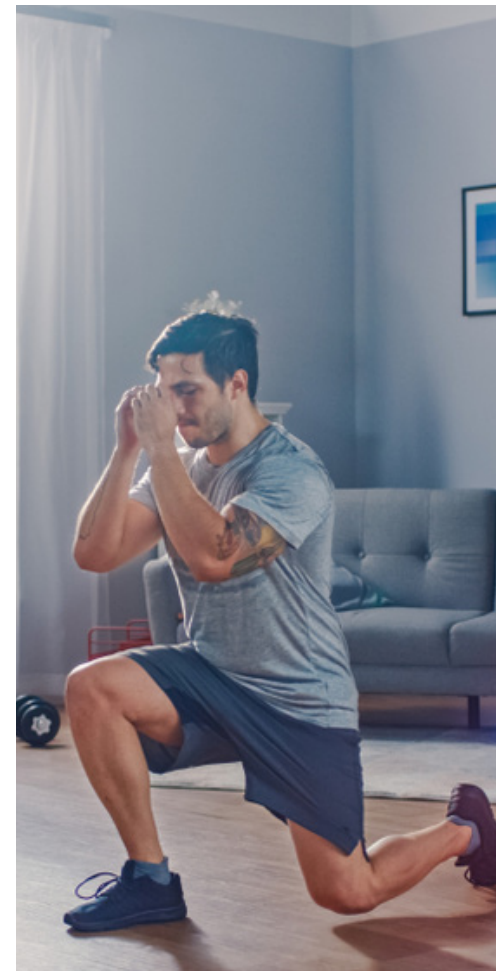
Creativity

Physical activity is also a creativity booster³, which can have a direct impact on your productivity and overall career success. Going for short walks throughout the day is a simple way to remove creativity blocks.

Energy

Another surprising benefit of exercise is that it increases the flow of oxygen-rich blood to your brain, which enhances alertness and makes you feel more energetic. If your energy levels tend to wane as the day wears on, try incorporating short bouts of activity throughout your day.

As you consider your fitness goals, be sure to take inventory of all the benefits you stand to gain, especially if you struggle to be consistent with your workouts. It might just give you the boost of motivation you need to keep pushing forward.



1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5963213/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5068479/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1332529/>