

Why sport and exercise is **IMPORTANT FOR MENTAL HEALTH**

@BELIEVEPHQ



It helps to reduce stress levels



It can boost your mood



You get the chance to interact with others



It can boost your self esteem



Teaches you important life lessons



Gives you a creativity boost



Improves cognitive functioning



Develops resilience



Promotes teamwork



Helps to develop relationships



Helps to improve your sleep



Helps you to feel calmer



Reduces tension in your body



Gives you a sense of achievement



It's enjoyable and fun

