



# The exercise effect.

**Fitness gives you all the feels.**

Everyone knows that exercise is great for you physically – protecting your body against a host of diseases and ailments. It's also great for you mentally. Regular exercise can help combat depression, anxiety and everyday stress.\*

When we exercise, we release endorphins, and a high-intensity activity, like running, is what gives people that euphoric feeling, or a “runner’s high.”\* But the key to a consistently better mood is actually low-intensity exercise that’s done routinely. Aim for 30 minutes three to five times each week.\*

**Need ideas to get started? Try these out.**



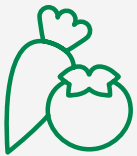
## Walk and talk

Grab a coworker or neighbor and go for a brisk walk.  
Create a meeting reminder and keep each other accountable.



## Say yes to yoga

Gentle yoga classes are a great way to promote relaxation, reduce stress and create that mind-body connection.\*\*



## Get into gardening

Choose a few easy-to-grow veggies and plant a garden.  
Maintaining it will help keep you active and outdoors.



## Head on a hike

Not only are you moving your body but being out in nature can have a positive effect on your mind.\*\*

\* HelpGuide. “The Mental Benefits of Exercise.”

<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>. Page last reviewed October 2020.

\*\* Harvard Health Publishing. “Yoga for Better Mental Health.”

<https://www.health.harvard.edu/staying-healthy/yoga-for-better-mental-health>. Page last reviewed May 18, 2021.

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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