

June Mental Health and Wellness Theme:
Participating in Physical Activity for the Mental Health Benefits

“ On the first Saturday of June each year, people across Canada are encouraged to take part in various fitness activities and events, including fitness classes, group workouts, outdoor activities, and sports.” [Canfitpro](#)

NOTE: ALL RPSTA members will be entered to win a \$50.00 gift card for Regina’s Leisure Centres.

Physical activity is not only good for your body, but it's also great for your mind.

Being active releases chemicals in your brain that make you feel good - boosting your self-esteem and helping you concentrate as well as [sleep](#) well and feel better. Not bad for something many of us can do for free!

Being active doesn't have to mean taking out an expensive gym membership or running marathons. Finding an activity you enjoy can give you a goal to aim for and a sense of purpose. It can also be a great way to meet people, have a break from daily life and gain confidence. Other benefits include:

- less tension, stress and mental fatigue
- a natural energy boost
- a sense of achievement
- more focus and motivation
- feeling less angry or frustrated



- a healthy appetite
- having fun
- [click here](#) to read more

The Mental Health Benefits of Exercise

Regular exercise can have a profoundly positive impact on depression, anxiety, and ADHD. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a real difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to deal with mental health problems, improve your energy and outlook, and get more out of life.

[Click here](#) to read more

