Thinking more about the importance of being physically active

- Improves your mood (i.e. helping to reduce stress and anxiety)
- Contributes to all aspects of health
- Improves focus, academic performance, and work output by increasing oxygen flow to the brain and neurotransmitters
- Stimulates production of endorphins (chemicals) that boost mood
- Promotes better sleep (as long as you don’t exercise too close to bedtime)