

Mental Health Promotion: Physical Activity & Positive Mental Health

Regular physical activity improves psychological well-being and has been shown to reduce depression and anxiety. Joining an exercise group or a gym can also reduce loneliness, as it connects you with a new set of people sharing a common goal.

(CMHA, 2017)

What is Green Exercise?

Green exercise is activity in the presence of nature. Evidence shows it leads to positive short and long-term physical and mental health outcomes.

(Barton & Pretty, 2010)

Ideas to increase your daily physical activity:

- Take a fitness class through **UR Fit**. There are a large number of fitness program options and times available.
- Get outdoors and enjoy the fresh air! Go for a lunch hour walk with a few colleagues and utilize the waterfront recreation path we have close to campus.
- Set an alarm or download an app that reminds you to get up and move every hour.
- Join a community running/walking group. *UR Fit* offers learn-to-run classes, as well as multiple local running and walking groups.



Register online for UR Fit classes at:

www.uregina.ca/recservices/urfit/