Importance of Body Movement

There are so many benefits to exercising

www.NJSelfAdvocacyProject.org **Email**: NJSAP@ArcNJ.org

1

STRESS MANAGEMENT

-Exercise helps boost your mood.

-Exercising is a great way to get rid of pent up stress and anger.

-Exercise produces mood elevating brain chemicals, endorphins, adrenaline, and dopamine.

2

GAIN STRENGTH

-Regular exercise improves muscle strength.

-Strong muscles can help prevent injury.

-You are able to be physical for longer, without getting tired.

-Exercise can help improve balance and flexibility.

3

BOOST CONFIDENCE

-Setting goals and achieving them helps boost your confidence.

-Exercise improves your self-esteem.

-You will feel better about your body, movement, and your physical abilities.

4

IMPROVE BRAIN HEALTH

-Exercise improves memory and focus.

-Lowers feelings of anxiety and depression.

-Improves your judgement skills, thinking skills, and learning skills.

5

REDUCE RISK OF DISEASE

-Exercise lowers your risk of Heart Disease, Type 2 Diabetes, & Stroke.

-Exercise can lower your risk of Dementia & Alzheimers Disease.

-Exercise boosts your immune system which helps you fight off seasonal illnesses.

6

MANAGE A HEALTHY LIFE

-Exercising can help boost energy levels.

-Exercise can help you sleep better, which provides better recovery for your muscles and brain.

-Exercise can help maintain a healthy body.

When you exercise it is important to remember to stretch, warm your body up, and drink lots of water!

NEW JERSEY SELF-ADVOCACY PROJECT

The Arc of New Jersey

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Setting Goals:

Be realistic

Set a goal that is attainable. Setting an impossible goal can make you feel less confident and will make it less likely you continue with your progress.

Set multiple goals.

You want to set easily attainable goals and goals that make you work a little harder. This will give you momentum, confidence, and pride in your achievements.

Be Prepared

Set yourself up for success by making sure you have all of the tools you need to achieve your goals.