

# The Emotional Benefits of Exercise— Feel Good with **Go4Life**®

Research shows the benefits of exercise go beyond just physical well-being. Physical activities—like walking, biking, dancing, yoga, or tai chi—can help:



Reduce feelings of depression and stress



Enhance your mood and overall emotional well-being



Increase your energy level



Improve sleep

So, the next time you're feeling down, anxious, or stressed, start moving!

Get exercise ideas, motivational tips, and more from **Go4Life**®, an exercise and physical activity campaign for older adults from the National Institute on Aging at NIH.



**Go4Life**®  
go4life.nia.nih.gov