

Exercise Can Boost Your Mood

If you are feeling a bit down, give exercise a try. It's believed that exercise releases serotonin, which is a chemical that controls your mood. Increased levels of that chemical make you feel better. Conversely, a lack of serotonin may cause depression. At the very least, it could be responsible for feeling down.

You have likely felt a surge of good feelings after you have finished exercising. Even if you are skeptical of the science, it's hard to deny that exercise benefits your mood. This feeling usually lasts for several hours after the exercise session.

Many people choose to exercise in the morning because the good feelings that come from it will last throughout their workday. Exercise can help you reduce the stress that you may experience from working. It gives you the ability to handle whatever situation confronts you while at work.

If you can't exercise in the morning, you can still benefit from exercise at other times of the day. You are looking for the long-term benefits and effects.

Interestingly, some people experience too much of a rush when exercising in the evening. That makes it difficult for them to sleep at night. In this case, it's probably best to choose earlier times to get your exercise.

For most people, exercise helps them sleep better. After the elevated mood, your body and mind will become tired, which sets you up for good rest. That is a natural way for you to get a good night's sleep.

While any exercise is good, you will be better off making regular exercise a part of your routine. It follows that if exercise makes you feel better and you exercise often, you will likely feel better more often than not. Regular exercise also helps to regulate weight. If you ever feel down about your weight, you will help this situation as well.

You don't have to use intense exercise to get the benefits of an elevated mood from exercising. Walking is one of the best exercises available. However, you have to do it frequently for it to be most beneficial. You should try to walk for several miles during each session, and try to do it three to four times per week. It's not a

bad idea to incorporate some resistance training into your workout routine. Make sure not to do this every day to give your muscles a rest. A great benefit to resistance training is that you continue to burn fat even after the session.