

Running for Your Mind

When you run or jog, it can help to improve cardiovascular health, but you are also taking care of your mind. Running or jogging shows us that you can promote mental health benefits as well as physical gain.

Stress

Running can increase concentrations of norepinephrine, a chemical that moderates the brain's response to stress.

Running outside

Your body produces vitamin D that can lessen your likelihood of experiencing symptoms of depression.

Prevention of cognitive decline

It may help boost the brain's ability to minimize and slow cognitive decline that begins after the age of 45.

Calm the mind

Treadmill, track, trail, or sidewalk; getting your body moving is a healthy way of coping with tough times.

Brainpower boost

Improve overall brain performance, increase levels of a brain-derived protein believed to help with decision-making, higher thinking, and learning.

Sleep

Exercising five to six hours before bedtime raises the body's core temperature, and when temperature returns to normal, it signals the body that it is time to sleep.

Increased productivity

It is known that people who exercise regularly are more productive and have more energy than those who are less active.

Greater creativity

A run can boost creativity for up to two hours afterwards.

