



Psychological and Emotional Benefits of Exercise

One of the greatest joys of being a personal trainer is watching a client increase his or her self-worth and determination. Following are some expected benefits of exercise:

- **Confidence Increased:** Meeting exercise goals or challenges, even small ones, can raise your self-confidence. Getting in shape can also make you feel better about your appearance as body composition shifts and inches are dropped. It's always a good day when your pants fit a little looser around your waist!
- **Worry Decreased:** Exercise is a positive distraction that can rid the cycle of negative thoughts which feed anxiety and depression. .Negative thinking can contribute to high stress levels which can increase cortisol levels and therefore create weight gain.
- **Social Interaction Boosted:** Exercise can give you the chance to meet or socialize with others. I've seen great friendships built between workout partners. In fact, having a partner provides accountability in attendance as well as support in goal setting...or even commiserating on yet 'one more set of lunges'.
- **Healthy Coping Strategies:** Doing something positive to manage anxiety or depression is a healthy coping strategy. Trying to feel better by drinking alcohol, dwelling on how badly you feel, overeating or hoping anxiety or depression will go away on its own can lead to worsening symptoms. Carving out 'gym time' won't make your hardships disappear, but it can help balance your mind by focusing on yourself rather than your problems!

At the end of the day, a healthy lifestyle is one that includes a balance of exercise, eating right, and stress management. A focus on getting well on the inside, starting from the neck up, will lay the foundation for positive change both mentally and physically.

Fit by Design supports you in making positive change in your life! Please call us to discuss your concerns or goals as we'd love to be the catalyst to reach your inner potential! For further information call (972) 304-3323 or (469) 265-8758.