

Well-Being Achieved Through Exercise

Well-being (n): the state of being happy, healthy or prosperous

Who benefits: EVERYONE

- Exercise is a practice that does not discriminate based on age, sex or physical ability – there is something out there for all of us!
- Physical activity serves to promote health, boost energy levels and form social connections
- The benefits of exercise are endless (mental/physical/emotional) and there are so many ways to incorporate movement into your daily routine.

Exercise is defined as any physical activity that is planned, structured, and repetitive for the purpose of conditioning any part of the body.

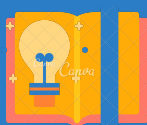
How does exercise promote well being?

- Decreases stress hormones
- Good source of social support
- Pumps up endorphins
- Decreases physiological arousal
- Lowers resting heart rate
- Lowers blood pressure
- Reduces anxiety and depression
- Increases self esteem
- Promotes quality sleep



Support From Literature

- Study on physical activity and psychological well being found that physical activity has a significant effect on the decrease in depressive symptoms.
- Aside from the mental well-being benefits, there is also a significant improvement in cardiovascular capacity and strength and daily functioning.



- Compared to indoor exercising, exercise in natural environments was found to be associated with greater feelings of revitalization and positive engagement, decreases in tension, confusion, anger, and increased energy.
- Physical activity, exercise, and fitness during adolescence are linked to a decrease in cases of mental health illnesses



Face to the practice

Talking about Jasbir Singh who has a family hx of HTN and DM2
Young age was into outdoors activity and sports.
Now is a farmer who helps his workers in the field.
Has shown no signs of elevated BP. Able to control blood glucose with just exercise, diet and minimal medication.



Nurses play a **vital role** in the **education** and **promotion** of healthy behaviors
Nurses must **assess what the patient** both **can** and **likes** to do while **applying** the "**no one size fits all principal**" as nursing care is **individualized for each pt.**

References

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