



ex·er·cise *noun*

WHAT



Planned, structured, or repetitive bodily movements that improves or maintains physical fitness

people WHO



Experiences mental health problems

Do not wish to take medications for their mental health

Wants to strengthen their immune system

Wants to combat chronic pain naturally

EVERYONE

WHY



Exercise has been known to cause health and happiness

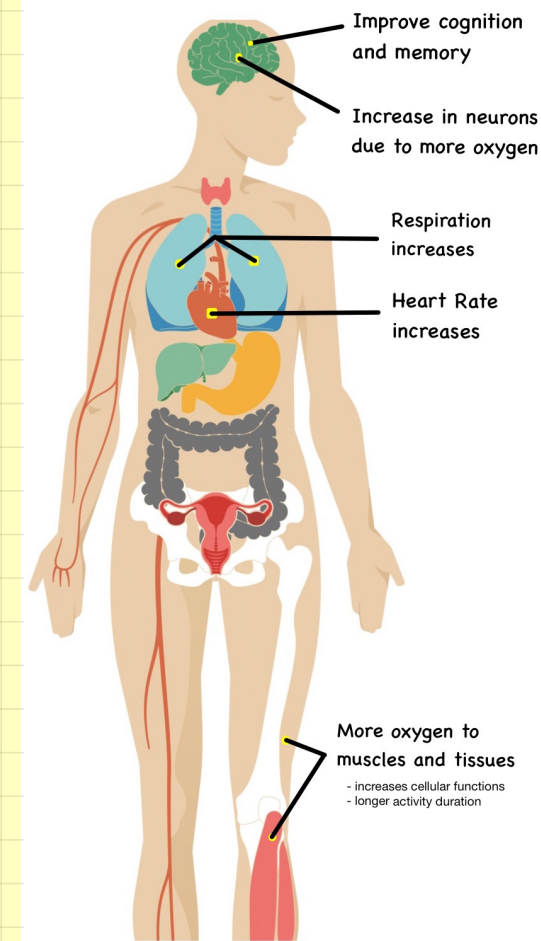


A 40-year-old male who suffers from anxiety and depression states, "cardiovascular exercises presents different **benefits** that I have been noticing and **enjoying**".

A 35-year-old female who suffers from Seasonal Affectiveness Disorder (SAD) workouts to **lessen her symptoms**. This has allowed her to control her SAD **without medications**.



What Happens in the Body?



Nursing Implications



Educate Self & Patients



Motivate Patients



Identify Barriers



Help Patients Create