**Boost your brain with exercise**

We know that exercise makes us physically strong and fit – strengthening our muscles, heart and lungs. But what about our mind?

**Let’s talk about mental ‘fitness’**

Regular exercise helps with better memory, learning ability, emotional regulation and overall mental wellbeing. It can improve your mood, reduce feelings of anxiety and depression, increase your self-esteem and is even a proven way to get rid of stress.

One explanation for all these benefits? Exercise helps the brain with a better blood supply which improves the delivery of oxygen and nutrients. Research even shows that exercise may help *new* brain cells to grow. This all helps with better brain cell communication, building up your mental fitness.

**Our top tip to get more active**

Any amount of exercise is good – but the more the better. The World Health Organization recommends at least 150 minutes of moderate to vigorous physical activity every week.

To help motivate you to get moving, use a Vitality-linked wearable fitness device or app to measure your physical activity. This helps you to set goals, track your progress plus earns you Vitality points and rewards to keep you coming back for more.

Get active and enjoy the (many) mental health benefits!