

## How can Exercise Help Me?

Exercise provides a variety of benefits for our overall health and well-being, and plays a vital role in the management of persistent pain. Some of these benefits include:



### **Pain Relief**

Exercise can reduce pain by increasing the production of endorphins, which are natural painkillers. Exercise can also improve circulation, reduce inflammation, and block pain receptors



### **Improved mobility**

Exercise can increase strength and flexibility, which can help reduce pain and improve function.



### **Improved mood**

Exercise can improve your mood, which can help reduce your pain. Regular moderate intensity physical activity reduces levels of the stress hormones, cortisol and adrenaline, and increases endorphins and the feel-good chemicals, dopamine and serotonin.



### **Improvement in Arthritis Symptoms**

Exercise increases the strength of the supporting muscles of your joints. Weak muscles put more stress on your joints. Exercise reduces joint pain and stiffness and makes moving easier.



### **Better sleep-**

Exercise can help improve both the amount and quality of sleep, which is important for managing chronic pain. Exercise can help to reduce the level of stress hormones in our bodies that interfere with the ability fall and stay asleep.



### **Increased Energy Levels**

Exercising results in marked increases in energy-and mood enhancing neurotransmitters like dopamine, serotonin and norepinephrine. Increased energy increases your ability to perform daily activities.



### **Weight loss**

Aerobic exercise can help with weight loss, which can reduce pressure on joints and help manage chronic pain



### **Improves brain health**

Regular physical activity helps release brain-derived neurotrophic factor (BDNF), a brain chemical that is key for memory, concentration, and mental sharpness. The brain's learning and memory centers respond strongly and favorably to aerobic exercise.



### **Prevention and Management of Chronic Diseases.**

Physical Activity helps to prevent or relieve symptoms of multiple chronic diseases, including heart disease, arthritis, some cancers, and Type 2 Diabetes. It contributes to a healthy immune system which can help with everything from healing wounds to fighting off colds and preventing cancer.



### **Decreases Stress**

Exercise calms the body by reducing the body's stress hormones and stimulating the production of feel-good endorphins.

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