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Welcome to PhysioBiz, with healthcare advice and information you can trust and rely on, brought to you by the South African Society of Physiotherapy!

"Exercise is the most potent and underutilised antidepressant." Bill Phillips

Let's look at how exercise can help!

When we exercise, our bodies release endorphins which allow an improved mood. This helps our feelings of stress to be reduced. By decreasing our levels of stress and anxiety, we feel calmer.



People who suffer from depression have been found to have increased inflammatory markers in their blood. This leads to an increase in cytokines which impact our mood regulation. Exercise can decrease inflammation and aid in mood-regulating neurotransmitter functioning. This leads to a decrease in mental health symptoms.



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Your Mental Health Matters!

Brain cell growth

Research has shown that exercise aids in the production of new brain cells and the retention of brain volume in an area of the brain known as the hippocampus. This leads to the generation of new blood vessels which allows brain nourishment. In short - exercise feeds your brain!



What type of exercise?

High-intensity interval training (HIIT) and moderate-intensity continuous training (MICT) have both been shown to improve mental health. These types of exercise routines incorporate both aerobic and strength training. The combination of these routines has proven to have the best evidence for improving mental health.

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