

Exercise & Nutrition

How Exercise & Nutrition Impacts Your Mental Well-Being

Stress Management

Exercise increases the release of norepinephrine which controls and alleviates stress. A healthy diet of whole foods provides zinc, which helps maintain the body's response to stress. Foods high in zinc include spinach, kidney beans, and oysters.



Elevates Mood

Exercise releases a slew of other chemicals that can have positive benefits on your mental state, including the release of endorphins, which cause feelings of euphoria and overall happiness.

Increases Self-Confidence

Even before you see actual physical benefits of exercise and healthy eating, you will have an improved self-image as you know you are making healthy choices as well as the increase in those feel-good chemicals pumping through your veins.



Keeps Your Mind Sharp

Exercise has shown to decrease the degradation of the brain, especially the portion responsible for learning and memory. A diet high in omega-3 fatty acids helps improve memory and overall thinking ability. Some good sources of omega-3 include fish, walnuts, soybeans, and spinach.



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Reduces Anxiety

Not only does exercise and nutrition reduce stress but also [they are] helpful for people with a wide variety of anxiety disorders. Having a healthy diet rich in active cultures such as kefir and yogurt helps maintain a healthy digestive system, which helps reduce anxiety and depression.



Increases Cognition

Cardiovascular exercise can help form new brain cells as well as boost the level of protein (BDNF), which is responsible for learning and decision making.

Improves sleep and relaxation

Exercise has proven to be one of the most powerful remedies for insomnia and other sleeping disorders. A healthy diet containing lots of fruits, vegetables, whole grains, and protein can help improve the duration and quality of your sleep.



Bumps creativity and overall production

Exercise has been shown to increase creativity for up to 2 hours after you work out. If you are stuck in a creativity rut, take a run outdoors to get those creative juices flowing again.



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