MENTAL HEALTH BENEFITS OF 10 MINUTES OF PHYSICAL ACTIVITY

FINDINGS FROM KPE’S MENTAL HEALTH AND PHYSICAL ACTIVITY RESEARCH CENTRE

1. REDUCES SYMPTOMS OF:
   - anxiety
   - depression
   - distress

2. IMPROVES FEELINGS OF SOCIAL SUPPORT
   - connectedness
   - gain advice, guidance, tips
   - meet new people

3. INCREASES CONFIDENCE
   - self-esteem
   - empowerment
   - emotional control

4. ENHANCES BODY IMAGE
   - satisfaction
   - functional health over appearance and weight
   - lower shame, guilt, embarrassment

5. PROMOTES ACADEMIC SUCCESS
   - cognition
   - attention
   - intrinsic motivation