

MENTAL HEALTH BENEFITS OF 10 MINUTES OF PHYSICAL ACTIVITY

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



UNIVERSITY OF TORONTO
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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