



Work Out to Reduce Stress

Feeling anxious? Everyone responds to stress in different ways, but we all have one thing in common: regular exercise reduces the harmful effects of stress.

Because stress affects each of us differently, you may experience physical signs, emotional signs, or both. Healthy habits, including regular physical activity such as walking, can help reduce or prevent some of the harmful effects of stress.

Being active can improve quality of life and relieve stress, tension, anxiety, and depression. You may notice a “feel good” sensation immediately following your workout and also see an improvement in overall well-being over time as physical activity becomes a part of your life.

Source: Heart.org

Questions? Call the Plumbers Local 130 UA Wellness Center at 312.421.1016.

