

# Mental Health: Physical Activity Facts

**20%**



Physical activity 3 times a week can cut your chances of getting depression by about 20%  
(Source: Mind)

**30 mins**



30 mins x 5 a week = Best way to get the most out of sessions of moderate physical activity  
(Source: Mind)

**85%**



85% of participants in a study said exercise was 'helpful' in alleviating mental health issues  
(Source: Mental Health Foundation/ NSF/Mind/MDF)



Working out can boost your confidence and even your immune system



Healthy body, healthy mind! Physical activity can:



Release endorphins, helping you feel happy and boost mood



Increase brain productivity, function and memory



Help you relax, relieve stress and improve sleep



Have a profound positive impact on depression and alleviate anxiety

Are you interested in becoming more active and would like some support to do this? You can book an appointment with the SPA Programme Officer by emailing [spa.programme@ed.ac.uk](mailto:spa.programme@ed.ac.uk)