

Exercise improves self image

As people see the long term health benefits on their appearance

Exercise can help overcome physical and mental challenges

Due to the endorphins released in the brain and the production of the chemical serotonin

This can result in more confidence and higher self-esteem when taking on other challenging tasks

Completion or success in an activity can give a sense of satisfaction, e.g. a marathon or sticking to an exercise routine

This can result in happiness, catharsis and a reduction in stress

This can result in higher self-esteem and less chance of depression

Exercise helps us to 'feel good'