

Mission In Motion

Health & Wellness
Tip of the Week
Week 25



June 17, 2013

Physical activity is good for your psyche, too! Not only can exercise improve your mood and reduce anxiety, but it can also help relieve clinical depression. Brain chemicals that influence our mood are affected by physical activity. Inactive people are twice as likely to have symptoms of depression as active people.

Source: University of California, Berkeley Wellness Letter

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Staying active as
you get older can
improve your health
and quality of life

