

# MOVING YOUR BODY IS GREAT FOR MENTAL & EMOTIONAL WELLNESS!



## IMPROVED MOOD

- Increased energy, reduced fatigue, more frequent, better mood
- Less irritability, tension, anger, anxiety, depression

## DECREASED STRESS & REACTIVITY

- Muscle relaxation
- Improved breathing
- Positive distraction from stressors



## INCREASED SELF-ESTEEM & IMPROVED BODY IMAGE

- Sense of accomplishment
- Increase strength, endurance, and physical skills
- Flow state opportunities - contact me to learn more!

## IMPROVED MEMORY & COGNITIVE FUNCTION

- Improved sleep quality
- Improved attention, memory, executive function
- Reduced inflammation = better cognitive function & less brain fog



## DECREASED ANXIETY & DEPRESSION



- Any & all types of movement reduce mild to moderate anxiety - so get moving and chill out!
- Improved self-image
- Improved sleep quality
- Improved mood
- Decreased inflammation



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