

Stress Management Through Physical Activity

Key Takeaways

1



Stress is both physical and mental

It triggers real changes in your brain and body, not just your emotions.



Movement resets stress hormones

Exercise lowers cortisol and boosts feel-good chemicals almost immediately.



Small, consistent actions are most effective

Small, regular actions are more effective than long, rare workouts.

2



Exercise improves sleep and resilience

Movement improves sleep quality, helping you recharge and handle stress better.

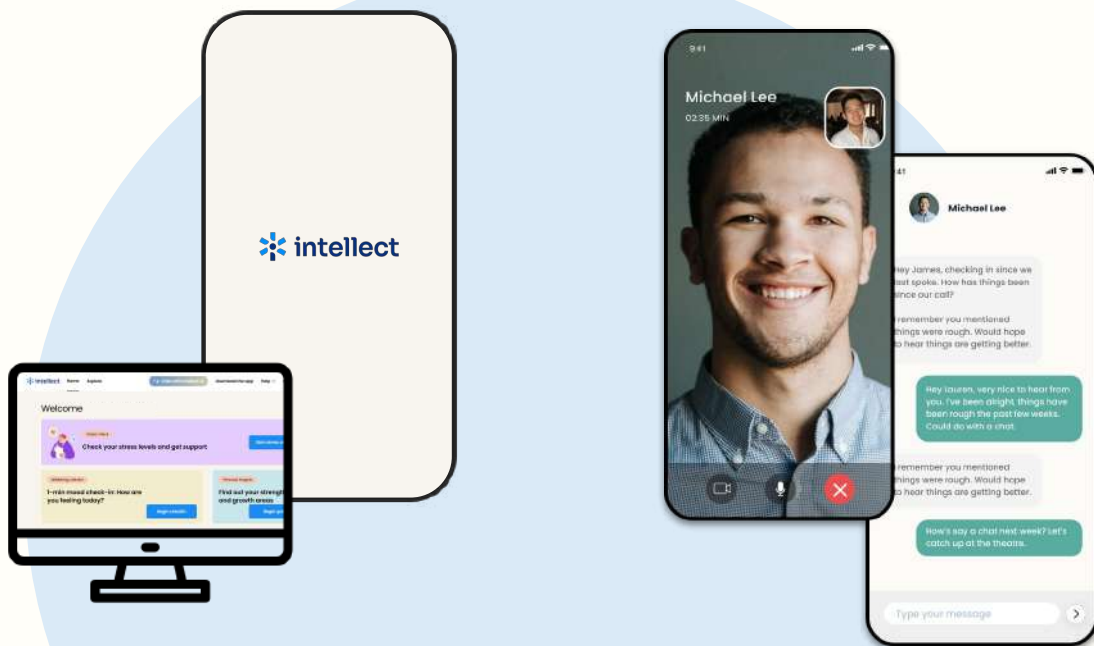


Practical strategies make movement sustainable

Desk stretches, walking meetings, and micro-breaks make movement realistic in any schedule.

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