

THE EFFECT OF EXERCISE ON PSYCHOLOGICAL WELLBEING



GROWTH

Exercise provides you with new challenges which make you feel as though you have an aim in life

SELF ACCEPTANCE

Exercising can help to give you a more positive view about yourself



MOOD

Exercise is related to positive changes in mood state and has been found to improve positive mood regardless of the number of negative and positive affects experienced in a given day



FRIENDSHIP

Exercising in groups can lead to more social interactions which can in turn relate to your positive relations with others



COGNITION

Exercise has been shown to have a number of positive effects on a person's cognitive functioning

DEPRESSION

Exercising three to five times per week produces significant reductions in depression compared to once-a-week



ATTITUDE

Exercise helps to improve your body image and therefore improves your attitude



MASTERY

By exercising you develop environmental mastery which makes you feel you are in charge of the situations in which you live



ANXIETY

There are a number of acute effects associated with exercising such as lower state anxiety and higher tranquility scores



Physical Activity And Psychological Well Being

**Stuart Biddle, Kenneth R. Fox, Stephen
Hugh Boutcher**



Physical Activity And Psychological Well Being:

Physical Activity and Psychological Well-being Stuart Biddle, Kenneth R. Fox, Stephen Hugh Boutcher, 2000 This book was commissioned by Somerset Health Authority to provide an updated overview of the case for exercise and mental health promotion

Physical Activity and Psychological Well-Being Stuart J.H. Biddle, Ken Fox, Steve Boutcher, 2003-08-27 The feel good effect of physical activity is widely reported among participants Physical Activity and Psychological Well Being represents a research consensus on the relationship between physical activity and aspects of mental health providing an overview of the case for the role of exercise in the promotion of psychological well being Topics covered include anxiety and stress depression mood and emotion self perceptions and self esteem cognitive functioning and ageing psychological dysfunction This book is invaluable reading for students and researchers working in the exercise sport and health sciences and for health and clinical psychologists It is also a foundation text for health promotion and health service professionals particularly those working in the area of mental health

Effects of Physical Activity on Psychological Well-being Nebojša Trajković, Petar M. Mitic, Špela Bogataj, Renata Baric, 2023-02-27

Physical Activity Behavior, Cognition and Psychological Well-being in Educational Settings Renate Helena Maria De Groot, Natalie Lander, Rianne Golsteijn, Esther Hartman, 2022-11-23

Interactions Between Education, Practice of Physical Activity and Psychological Well-Being Alexandre Garcia-Mas, Pere Palou Sampol, Pedro L. Almeida, Adrià Muntaner Mas, 2020-06-15

Physical activity and health, 1996

From Research to Effective Practice to Promote Mental Health and Prevent Mental and Behavioral Disorders : Proceedings of the Third World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders, September 15-17, 2004, 2005

Effects of Antenatal Exercise on Psychological Well-Being, Pregnancy and Birth Outcome Jean Rankin, 2008-04-30 Pregnancy is a time when women need to be prepared mentally and physically to meet the challenges of childbirth and the transitions to parenthood However this needs to be within the realms of safe practice The study on which this book is based is derived from the author s work as a midwife with a special interest in exercise The main aims of the study were to investigate the effects of undertaking a regular exercise programme during and following pregnancy on psychological well being pregnancy and birth outcomes Data were collected at three time points during and following pregnancy using a variety of outcome measures and were analysed using appropriate statistical testing Conclusions were drawn indicating that women who participated in regular physical activity tended to have protection against reduction of psychological well being as measured by a variety of psychological constructs

[Handbook of Sport Psychology](#) Gershon Tenenbaum, Robert C. Eklund, 2007-10-05 Endorsed by the International Society of Sport Psychology this classic reference draws on an international roster of experts and scholars in the field who have assembled state of the art knowledge into this thorough well rounded and accessible volume It is completely updated to reflect the latest research and is an indispensable resource for any student or professional interested in the field of sport psychology

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Sport and Exercise Psychology, 7E Weinberg, Robert S., Gould, Daniel, 2019 This text provides a comprehensive view of sport and exercise psychology with the latest research on grit mindfulness emotional intelligence cultural diversity substance abuse exercise adherence ethics professional issues and transitions in sport

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