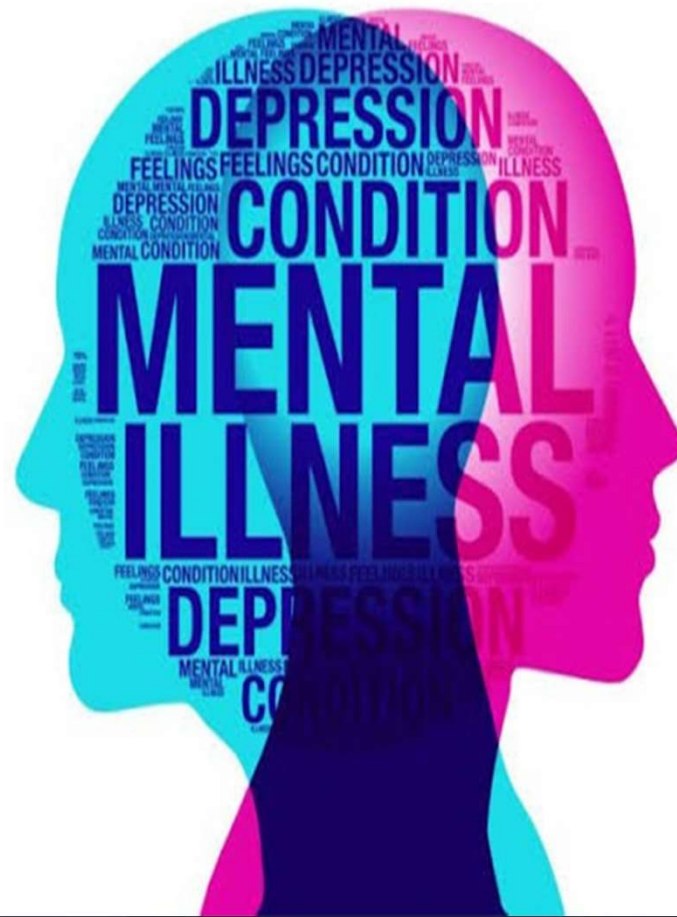




# MENTAL HEALTH

FITNESS AND NUTRITION



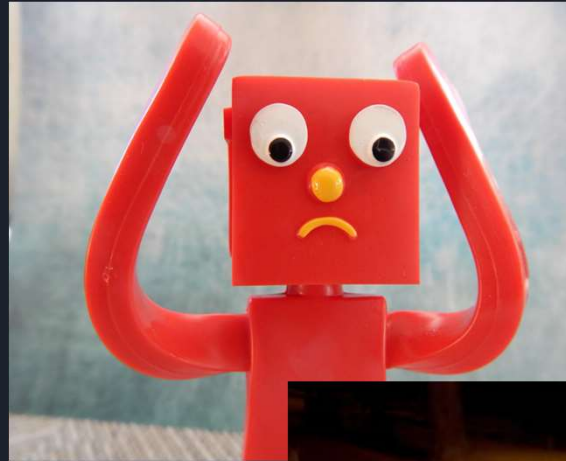


## Mental Health benefits of Exercise

- Apart from the bodily and physique goals that exercising helps us achieve, there is much more deeper benefits to it that arise even without us knowing it.
- The general sense of well-being. I am talking about great sleep, alertness, energetic feeling, positive vibes and calmness from the release endorphins( feel good hormone) . The quick break exercising creates re-energises our brain for us to be productive.
- All these have a major impact on anxiety, depression, stress, memory and many more conditions.
- FYI, did you know that research has shown that exercise can treat mild to moderate depression as effectively as antidepressant medication and this is without side effects!!!
- Now we don't have to do crazy exercises, just walking daily for an hour can reduce the possibility of depression by 26%

# FEELINGS TO COMBAT BY EXERCISING

1. Self sympathy
2. Hopelessness
3. Exhaustion
4. Feeling Overwhelmed



# Mental Health benefits of Nutrition

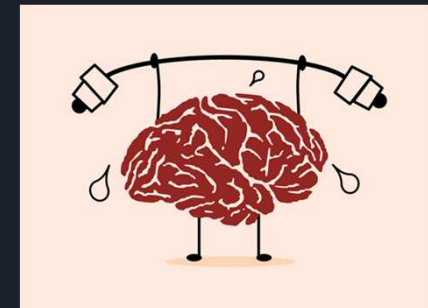
What you eat affects how diet may play a role in your mental health.

- A nutritious diet is great for the brain.
- A nutritious diet should start from the moment you are born. Research has it that half of all long term mental disorders start by the age of 14.



# How good Nutrition impacts Brain Health.

- Brain Growth. A diet rich in refined sugars, bad fats like trans-fats and saturated fats negatively impact brain protein and connection between brain cells.
- Brain Development. We are exactly what we eat. Remember that when we eat good nutritious foods, it becomes the energy, the building blocks from protein, the enzymes, the brain tissues, the transmission of information from one body part to the other is made efficient.
- Healthy Bacteria. Good nutrition fills the gut with healthy bacteria (probiotics). These help fight off bad bacteria which boosts our immune system. Inflammation in the body is tamed and this boosts our mood.



# How good Nutrition impacts Brain Health

A nutritious diet that packs many nutrients in as few calories as possible is what you should strive for.

Whole foods and fruits are your friend. High-fat processed foods and refined sugars are your enemy. They do no good to the body even if they seem to be the most tasty.





## A few Micro nutrients good for the Brain.

1. Zinc. It helps the body control its response to stress. Therefore low levels of this can cause depression. Example of foods rich in zinc include, chicken heart, sesame seeds, chia seeds, hemp seeds, beef jerky, oysters, baking chocolate, lamb, cashew nuts etc.
2. Omega 3s. These are healthy fatty acids that improve memory, thinking of which affect mood.
3. B Vitamin . deficiency of this causes brain inflammation and this affects moods making you prone to depression. Foods rich in B Vitamin include; Beef, spinach, broccoli salmon etc.
4. Iron. Iron deficiency has been linked to depression. Foods rich in iron include; lentils, kale, spinach, oats, chia seeds etc





## CONCLUSION

“MENTAL HEALTH ISN'T A BATTLE TO BE WON, IT IS A JOURNEY TO CONTINUE WALKING.”

~Anonymous .