

# THE MENTAL HEALTH BENEFITS OF EXERCISE

## FOR CHILDREN AND TEENAGERS



Increases self esteem



Improves social wellbeing



Improves attention



Improves decision making



Improves personal growth



Reduces risk of depression



Reduces anxiety



Can help children feel as though they are in charge of situation



Improves sleep



Increases autonomy



Can provide children with a more positive view of themselves



Increases confidence



Reduces stress

 @BELIEVEPHQ

