

Exercise & Mood

Body & health

What the evidence supports about movement and mental health.

Regular physical activity has a well-established association with improved mood, reduced anxiety symptoms and better sleep, across a wide range of study designs.

GUIDELINE

150 min/week

INTENSITY

Moderate

ONSET

Weeks

- Effects appear at moderate intensity — brisk walking counts.
- Roughly 150 minutes a week is the common guideline.
- Benefits appear within weeks, not months.
- Outdoors and in company both add to the effect.
- Sleep improvement is one of the more consistent findings.
- Consistency outperforms occasional intense sessions.

LOOK FOR IT

Three brisk 20-minute walks a week is a meaningful starting dose, not a token one.

Educational reference, not treatment advice. Exercise complements rather than replaces care for a diagnosed condition.