

Physical Activity & Your Mental Health

WHAT: The mission is to enhance the mental wellbeing of our student body through physical activity.

GOAL: To promote positive mental health and physical wellbeing through physical activities, mental health education and awareness by utilizing a peer support group.



Everyone is invited so bring a friend!
The more, the merrier!

WHEN:

Starting Sept 20

For 6 Weeks

Tuesdays & Thursdays 4:00pm-4:50pm

WHERE:

In front of Gillum Hall (closest to the quad)

WHY:

A 45-50 minute time for activity to improve your overall wellbeing.

You may attend either or both, regular attendance is not required to participate.

This is for you to enjoy, have some fun, meet some people, blow off some stress

THE BRAIN BENEFITS OF EXERCISE

- INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR
- IMPROVES MEMORY
- LENGTHENS ATTENTION SPAN
- BOOSTS DECISION-MAKING SKILLS
- PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS
- IMPROVES MULTI-TASKING AND PLANNING

Activities will vary and include: walking, jogging, running, scavenger hunting, kickball, Frisbee throwing, ultimate Frisbee, speedball, and dart catching (just kidding!) Be a kid again.