

Bust a bad mood

Having one of those days where you're just feeling down? Maybe you already have some go-to strategies you lean on to shake off the blues, like meditating, watching bad TV, or reading a book. Studies show that being active also works wonders! Not only can it help improve your mood during- or right after - a workout, but it can also make you happier in the long run. (A major bonus, no matter what's going on in your life.)

WHAT TO DO

When you need a mood boost, hone in on the activity style that fits you best using the steps below.

1

HOW DO YOU WANT TO MOVE?

Aerobic exercises (running or walking) and resistance training (weights or push ups) have been found to lift your mood. Stretching and balancing exercises (yoga's a great combo) can also increase happiness.



2

GET SPECIFIC.

Finding the right activity for you can maximise its benefits. If the home treadmill fills you with dread, go for a walk. If you're missing the music and energy of your regular spin class, try a Healthy Body, Healthy Mind dance class in Connect!



3

CHOOSE YOUR INTENSITY.

Go at your own pace. Science shows that your mood is more likely to improve if you're not trying to keep up with a pace that's been set by someone else. That means there's no one (online) to compare yourself to! You do you.



For more on how activity impacts your mood, see the Weekly Topic in this week's e-newsletter, at WW.com, or in the app.

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