



Physical Activity and Mental Health

The World Health Organization (WHO) defines physical activity as any bodily movement produced by skeletal muscles that requires the consumption of energy. It refers to the actions that the muscles make to move the body. Exercise is a form of physical activity that is planned, structured and repetitive and is aimed at developing people's motor and physical abilities.

Benefits of physical activity:

- Reduces high blood pressure
- Reduces the risk of type 2 diabetes, heart attack, stroke
- Reduce the risk of mortality
- Improves bone health
- Reduces body fat measurements

Examples of physical activity:

- Walking
- Playing sports
- Cycling
- Recreational activities
- Pedaling



Tips for getting started with physical activity:

- Set achievable goals
- Avoid thinking of physical activity as an obligation
- Choose the type of physical activity that you find fun or interesting
- Identify specific times to be physically active
- Start gradually
- Wear appropriate clothing and footwear
- If you're outdoors, use sun protection
- Bring a bottle of water or liquids to stay properly hydrated.

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Benefits of physical activity on an emotional and mental health level:

- Help to gain confidence
- Better social interaction
- Increases emotional well-being
- Strengthens self-esteem, body image and helps to deal with situations in a healthy way
- Combat stress, anxiety and depression
- Improve cognitive performance



If you are having difficulty being physically active, seek help to start being physically active.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary doctor or call the following phone lines:

Medical Advice Line 1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References:

<https://www.mayoclinic.org/es/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495#:~:text=Hacer%20ejercicio%20con%20regularidad%20puede,mejorar%20tu%20sensaci%C3%B3n%20de%20bienestar>
<https://www.who.int/es/news-room/fact-sheets/detail/physical-activity>