



The Psychological And Mental Health Benefits of Weight Training

- 1) **Improves Cognitive Function:** Myokines – those proteins that our muscles release when we work them hard – support cognitive function. Cognitive function includes **mobility, memory, logic and reasoning, processing, perspective and attention**.... Sounds pretty important, right? When we support our cognitive brain functions, our perception of life is elevated, and we tend to experience the world with more positivity. Which might be why things tend to look so much less bleak after a tough session of lifting in the gym.



- 2) **Eases Depression and Boosts Mood**

With today's hyper-connected, always-on way of living, we are experiencing more **stress, anxiety, worry and overwhelm than ever before**.

There is a disconnect from our nature as human beings.

We are meant to move and challenge our bodies but for many of us the only thing moving is our thumbs. This creates a disconnect to our reality and a constant mental disease. That's where resistance training can again help.



3 Reduces Anxiety

The routine of lifting weights regularly can also help with our mental state, specifically with reducing anxiety symptoms.

In different studies from all over the globe, scientists look at groups of humans with generalised anxiety disorder and assigned them to one of three groups — **resistance training, aerobic exercise, and a control group.**

The results supported both exercise conditions to a “significant” drop in symptoms of worry, but it was the resistance training group that saw the best results.

Even more, the results didn't stop there either, finding that resistance training just twice a week was found to deliver an anxiety remission rate **on par with antidepressants.**



Side Notes: Start Light

Eat Well... your brain needs good nutrients to work properly

See your doctor if your depression/anxiety is for extended periods of time.

If you are on antidepressants don't just give them up if you start to feel good, there is a process of reduction that needs to be monitored by a GP.