

# Do You Know the Hidden Benefits of Exercise?



**Lose weight, gain strength: These are the usual benefits you expect to come from regular exercise. But did you know staying active has additional perks?**

## Better sleep

If you're having trouble sleeping, you may not be getting enough activity during the day. Research shows that getting even 10 minutes of daily physical activity can help you sleep better and reduce your risk of developing a sleep disorder like sleep apnea.

## Brain booster

Have you heard of "executive function"? That's the name given to brain processes like planning, reasoning and problem-solving. Exercise may improve executive function, and it also may decrease your risk of developing a memory disorder as you age.

## Stress relief

When you're under a lot of stress, you might have an impulse to work out to feel better. That's likely because exercise simultaneously slows the release of stress-related hormones and releases endorphins, chemicals that can improve your mood.

## Immunity boost

Regular exercise can help your body fight infection, so it reduces your risk of common illnesses, such as the cold and flu. Exercise has even been shown to reduce the risk of more serious conditions, such as heart disease, diabetes and some cancers.

**Always speak with your doctor before starting a new exercise routine.**



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>.

Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional. Immunizations received for travel outside the country or for work-related reasons are not covered. Well-child immunizations for children less than 12 months of age are the only immunizations allowed out-of-network.

Sources: WebMD®, National Sleep Foundation, National Institutes of Health

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