

Exercise is crucial for mind and body

There are many ways we tend to de-stress after a heavy day, while some people's idea of relaxation is a glass of wine and binge watching a Netflix series, others would rather a more active approach. For some, a three-mile run is their idea of hell, for others, it is the perfect way to unwind from a stressful day at the office.

Physical activity been found to destress, it has also been scientifically proven to reduce anxiety and depression – acting as a 'first aid kit' for damaged brain cells.

“The benefits of exercise can be the natural feel good hormones that help to provide a boost and happy hormones,” say an online blogger, who juggles being a mum of two with online blogging. She uses exercise to enhance her life.

“It helps me when I struggle with anxiety.” she adds.

Aerobic exercises, for example jogging, swimming, cycling, walking, dancing and even gar-



dening, have been proven to reduce anxiety and depression. These activities help to improve moods because of the increase of blood circulation to the brain.

The Assistant manager of better gym Bourne-mouth feels that going to the gym “helps a lot for stress, people come into our Gym when they're feeling stressed.”

She added “It can also help with your own routine, if you're working hard at work you can just come in regularly to have normality and it's a break from doing things for other people, it can help me to focus on myself”.

“if I'm feeling low or upset or angry it is a good thing to help level me out”.

Yes okay but how does it actually work?

Exercise increases our heartrates and pumps more oxygen into the brain. Exercise also helps the production of 'plethora' hormones which helps to produce an environment where brain cells can grow.

Exercise has also been found to have an anti-depressant type effect on the body associated with 'runners high', found because of the decrease of stress hormones and the endorphin rush – as if you needed any more motivation to strive for that summer bod!

Not only this but it has also been proven that exercise in the form of running creates more cell growth in the hippocampus an area of the brain which improves memory and learning.

Although 'any exercise is good exercise', cognitive functions have been proven to be improved through certain types of exercise that combine physical activity with mental activity, for example dancing. Ballroom dancing is a known activity to effectively socialise and get

moving!

Morning exercise has proven to prepare you for the day and also complex situations that you might have to deal with during the day, it can also improve your sleep. However, exercise at night can have the opposite effect as it can increase brain activity therefore leave you feeling restless.

Exercise can also help us to stick to non-exercise related goals that require long term effort because of the persistency required within cardio activities.

Exercise without moving so much...

Yogi's tranquillity. The body's stress response is not entirely out of our control – although it feels like it at times. Yoga creates a relaxation response through controlled breathing and subtle movement forcing the body to unwind. Studies have proven that the part of the brain related to stress has become smaller due to yoga related activities.

Keeping the body young and the brain even younger...

30 – 45 excise 3 times a week has proven to prevent the brain cells from being damaged, decreasing the risk of dementia – need I say any more...

It's not just the fitness aspect that can improve our mental state, but the aspects of life that we are able to appreciate when participating in sporting activities.

A coordinator for a surfing and mental health organisation shared his personal experience,

“mental health is a difficult one, no matter what loving environment you come from, how successful you are or how popular you are if your brain wants to think the opposite, then it will. That's why so many people find it so hard to understand what we go through”.

“when I was at my lowest, surfing was my time out, a time to reflect and find peace, being in the water is calming, floating on your own in the sea air, no matter what challenges the day threw at me, an hour in the water would make everything drift away”. He adds.

By Eliza Lyons

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By Eliza Lyons

word count: 734

NAME OF STUDENT: Eliza Lyons

I confirm that I have been interviewed by the above named student, on the BA (Hons) Multi-Media Journalism course at Bournemouth University.
I hereby give my permission for my contribution to be used for educational purposes. I understand that my contribution may be published online.

NAME OF INTERVIEWEE: Curt Marlow

ORGANISATION: The Wave Project

ADDRESS: 1 Roumelia Mews, Roumelia Lane

Bournemouth Dorset BH5 1EU

TELEPHONE NUMBER (DAY) 01637820835

(EVENING) _____

SIGNATURE: Curt Marlow DATE: 1/05/17



Bournemouth Media School
BA (Hons) Multi-Media Journalism
Interview Release Form

NAME OF STUDENT: Eliza Lyons

I confirm that I have been interviewed by the above named student, on the BA (Hons) Multi-Media Journalism course at Bournemouth University.

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NAME OF INTERVIEWEE: ASICAL CASE

ORGANISATION: Letter Gym

ADDRESS: The Undercroft
St Pauls Road
Bournemouth BH5 8DL

TELEPHONE NUMBER (DAY) 07434637496
(EVENING) "

SIGNATURE: [Signature] DATE: 28/04/17



Bournemouth Media School

BA (Hons) Multi-Media Journalism

Interview Release Form

For my magazine I have decided to use this health and fitness magazine as inspiration as I found that the black and white with a bright colour was very eye catching for a reader. I have decided to use a blue font instead of the orange font because blue is a colour that is associated with calmness and therefore I wanted to provoke this feeling in my reader. I have decided to use a simplistic design like this magazine because I find that it is aesthetically pleasing and allows my words to stand out on the page.

I have also decided to use a design similar to this because there is a lot of empty space which allows the reader to think about the words rather than look at a busy page of pictures and colours.

My feature is aimed at both men and women and therefore I decided to try and keep the themes and colours on my feature neutral and have some aspects that will appeal to men and some aspects that will appeal to women.

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NAME OF INTERVIEWEE: Jojo Fraser

ORGANISATION: Mummy Jojo

ADDRESS: Edinburgh

TELEPHONE NUMBER (DAY) 07906732462

(EVENING) _____

SIGNATURE: j fraser DATE: 28/04/2017

