

IMPROVING MENTAL HEALTH WITH EXERCISE

Long-lasting **musculoskeletal disorders** and **mental health problems** are leading **causes of sick leave** worldwide. To meet the needs of the patient, **physical therapists** offer a wide range of approaches with a focus on **human movement** and **function**.

Exercise and activity have a wide range of health benefits – for your mind as well as your body



People with mental health issues are more at risk of having poor physical health



How will a physical therapist work with you to achieve your goals?



listen to you to understand what matters to you



ensure targets are **realistic and achievable**



work with you to develop a programme that is **tailored to your needs**



keep you **motivated** and **adapt** the programme as you progress

Choose an exercise or activity that you find enjoyable - have fun!



Get active. Stay active. Talk to a physical therapist today