Day 1 - Why Do You Need an Exercise Routine?

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If you are looking not just for a way to help manage your mental health with exercise, but learn how to keep up your motivation and create a routine, this is the email series for you!

In the next 7 days, you are going to learn all about choosing the right exercises and creating a routine you can stick to, but first let’s discuss WHY you should use an exercise routine.

**Exercise for Mental Health**

Creating a routine with your exercise, even when used for mental health, is going to allow you to stick to it. Even if you are not trying to force workouts you don’t enjoy or doing it for the wrong reasons, it can be hard to get into the habit of allowing exercise to improve your mental health, such as anxiety and depression.

By creating a routine where you do exercise on certain days of the week or at certain times, the routine turns into habit, where you don’t even have to think about it.

**This Becomes Your Self-Care Routine**

The routine is also great for you because it can double as self-care. There are many ways to practice self-care, which are also going to help with your mental health. This includes pampering yourself, reading a book for fun, spending time with friends and loved ones, creative activities, and yes exercise is included!

**It is Great for Physical Health**

Just because your main purpose of exercising more is for your mental health, doesn’t mean you won’t also benefit physically. Exercise is amazing for your overall health and wellbeing, improving your heart health and giving you more energy.

Don’t miss the rest of this series, where you will learn more about choosing exercises and creating your routine to help with your mental health.

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