

# Movement & Mental Health



You don't need a membership or equipment. Research shows even short walks dramatically benefit physical and mental health. Stretching with deep breathing, like yoga, is another fantastic way we all can take better care of our bodies and minds. A quick dance break to a single song can boost your energy and your mood for more than an hour.

## [Dr. Sanjay Gupta on Taking a Walk with a Friend](#)



### **Interview with Dr. Sanjay...**

Keep Your Brain Healthy  
Interview with Dr. Sanjay...  
[mcknightbrain.org](http://mcknightbrain.org)

## [Harvard Health Blog on Movement and Mental Health](#)



### **How simply moving benefits your mental health**

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[health.harvard.edu](http://health.harvard.edu)

## [HelpGuide.org, The Mental Health Benefits of Exercise](#)

