

# NOVEMBER 2024 IS:

# MOVE FOR MENTAL WELLNESS MONTH!

## AT THE TYENDINAGA FITNESS RESOURCE CENTRE

### ENTER TO WIN!

1 VISIT PER WEEK FOR FOUR WEEKS AND YOU WILL BE ENTERED TO WIN \$100 GROCERIES GIFT CARD AND YOUR CHOICE OF SWAG.

3 VISITS A WEEK FOR FOUR WEEKS AND YOU WILL BE ENTERED TO WIN \$250 GROCERIES GIFT CARD AND YOUR CHOICE OF SWAG.

DID YOU KNOW....

EXERCISE IS AN EFFECTIVE WAY TO TREAT MENTAL HEALTH ISSUES — AND CAN BE EVEN MORE EFFECTIVE THAN MEDICATION OR COUNSELING TO TREAT LOW GRADE ANXIETY OR DEPRESSION?



DID YOU KNOW....

PHYSICAL ACTIVITY AND EXERCISE IS PART OF ANY WHOLISTIC AND COMPREHENSIVE TREATMENT PLAN FOR MENTAL HEALTH?

DID YOU KNOW....

THAT ALL FORMS OF EXERCISE PRODUCE SIGNIFICANT MENTAL HEALTH BENEFITS?

TO ENTER TO WIN PLEASE IDENTIFY TO THE STAFF AT THE GYM THAT YOU ARE HERE FOR MOVE FOR WELLNESS ON THE SIGN IN SHEET.



"EXERCISE 1.5 TIMES MORE EFFECTIVE THAN DRUGS FOR DEPRESSION, ANXIETY." MEDICAL NEWS TODAY, MEDILEXICON INTERNATIONAL, [WWW.MEDICALNEWSTODAY.COM/ARTICLES/IS-EXERCISE-MORE-EFFECTIVE-THAN-MEDICATION-FOR-DEPRESSION-AND-ANXIETY](http://WWW.MEDICALNEWSTODAY.COM/ARTICLES/IS-EXERCISE-MORE-EFFECTIVE-THAN-MEDICATION-FOR-DEPRESSION-AND-ANXIETY). ACCESSED 25 OCT. 2024.