

The Connection Between Mental and Physical Health

Your mental and physical health are deeply connected. Stress, anxiety, and depression can lead to reduced physical activity, which in turn impacts overall well-being.

Fortunately, exercise can help you break this cycle by:



Strengthening your body

by supporting muscles, joints and cardiovascular health.



Boosting your mood

with serotonin and dopamine—natural stress relievers that enhance happiness.



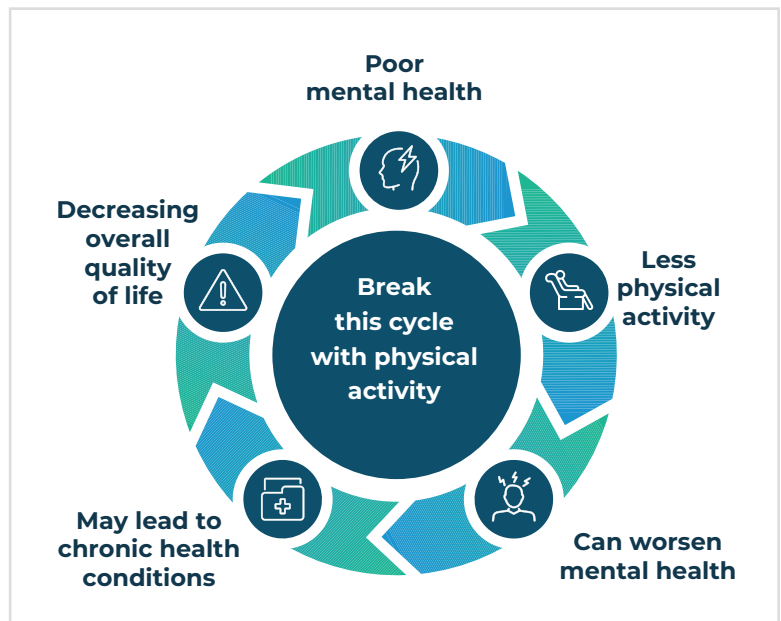
Sharpening your mind

and improving focus, cognition and memory.



Boosting confidence

by increasing self esteem and promoting a positive outlook.



Take control of your well-being—get moving today!

How to get started

1. Download the SimpleTherapy app
2. Enter your employer's name
3. Enter your name and date of birth

