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Title



The Impact of Exercise on Mental Health

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The Impact of Exercise on Mental Health ← **Title**

Exercise has positive effects on mental health outcomes. While most studies highlight the effects of aerobic exercises, recent research suggests that resistance and strength training may also be promising interventions for improving mental health. This review aims to provide a comprehensive analysis of the effects of exercise on mental health outcomes, including underlying mechanisms and implications for clinical practice.

Literature Review ← **Level 1 Heading**

Studies mainly focus on the effects of aerobic exercise on mood and anxiety, with limited research on the impact of resistance and strength training on mental health. A randomized controlled trial by Gordon et al. (2018) found that resistance training reduced depression, anxiety, and stress symptoms in overweight and obese women. Additionally, a meta-analysis by Leland et al. (2021) also showed that strength training improved mood, anxiety, and depression in adults with or without mental health disorders, suggesting its potential as an intervention for improving mental health outcomes.

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