

# Benefits of a 30-minute workout

Did you know that doing just 30 minutes of exercise daily can give you several incredible health benefits? Here are five of the biggest wins you gain from having a daily workout routine.



## Healthier mental state

Exercise can take your mind off stressful news and release mood-elevating endorphins into your body



## Higher energy

Regular exercise improves cardiovascular function, resulting in greater energy levels over time



## Better sleep

Having a workout during the day can improve your quality of sleep later at night



## Lower risk of disease

A 30-minute daily workout can cut the risk of heart disease, diabetes, depression, anxiety and many other conditions



## Easier weight management

Keeping active can help you maintain a healthy weight



Source: <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>