



# State of New York County of Broome Government Offices

## Broome County Health Department

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FOR RELEASE:

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Broome-Tioga Creating Healthy Schools and Communities

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### **Fighting The Winter Blues with the Power of Exercise**

BINGHAMTON, NY – According to the APA's Healthy Minds Poll, over two in five Americans said their mood declines during the winter month<sup>i</sup>. While many celebrate the arrival of wintry weather, the cold and short days may be more a cause for hibernation than celebration for others. Luckily, like other mental health concerns, season-specific conditions are treatable: one way to boost your mood is by exercising.

For those struggling with the winter blues, incorporating regular exercise into their routine can offer significant benefits. Exercise helps release endorphins, which are hormones known to reduce pain, increase energy, and boost overall feelings of well-being. Beyond physical benefits, regular exercise has been shown to improve self-esteem, promote better sleep, and reduce anxiety.

While any form of physical activity can be beneficial, Broome County Health Department's Creating Healthy Schools and Communities program recommends gentler exercise to manage the decreased energy and motivation that people can face during the winter. Low-impact exercises such as walking, swimming, strength training, and yoga are excellent choices. An intense workout regimen isn't needed to feel the benefits of exercise; as little as 10 minutes a day of physical activity can help<sup>ii</sup>. Even just completing chores around the house can get your body moving. Engaging in exercise with a friend can further enhance the benefits – it can increase motivation and combat social isolation at the same time.

The key to a positive change is consistency and finding activities that you enjoy. If you find that your mental health concerns interfere with daily life, it's important to reach out to a healthcare provider. Together, exercise and other treatment options can help you overcome the winter blues and feel your best throughout the year.

For more information on the Creating Healthy Schools and Communities grant contact Brooke Traver at the Broome County Health Department at 607.778.2878

CHSC is a five-year initiative funded by the New York State Department of Health to establish and support healthy behaviors in high-needs communities. The New York State Department of Health Division of Chronic Disease Prevention implements evidence-based, evidenced-informed, and innovative public health strategies in order to support New Yorkers to live healthier lives and eliminate health

disparities by reducing the incidence and burden of chronic diseases and conditions For more information, visit [https://www.health.ny.gov/prevention/obesity/prevention\\_activities/chsc/](https://www.health.ny.gov/prevention/obesity/prevention_activities/chsc/)

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<sup>1</sup> *Two in five Americans say their mood worsens in winter; 29% say “Falling back” hurts their mental he.* (n.d.). <https://www.psychiatry.org/News-room/News-Releases/APA-Poll-Mood-Changes-in-Winter>

<sup>1</sup> Yang Y. J. (2019). *An Overview of Current Physical Activity Recommendations in Primary Care.* *Korean journal of family medicine*, 40(3), 135–142. <https://doi.org/10.4082/kjfm.19.0038>