

Hockey EDMONTON



City Council
December 3, 2020













Tweet



SportCentral
@SportCentral_AB

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The Northeast Zone Brave Raiders PeeWee Hockey Team had their own equipment collection in support of [#DavesDrive](#)! They gathered a truck load of equipment & bicycle parts. Thanks to the U13 players & their Coaches, Cory & Joe for dropping off the donated equipment. 🤗👏🏍️🚴‍♂️ [#yeg](#)



THE EFFECT OF EXERCISE ON PSYCHOLOGICAL WELLBEING



GROWTH

Exercise provides you with new challenges which make you feel as though you have an aim in life

SELF ACCEPTANCE

Exercising can help to give you a more positive view about yourself



MOOD

Exercise is related to positive changes in mood state and has been found to improve positive mood regardless of the number of negative and positive affects experienced in a given day



FRIENDSHIP

Exercising in groups can lead to more social interactions which can in turn relate to your positive relations with others



COGNITION

Exercise has been shown to have a number of positive effects on a person's cognitive functioning

DEPRESSION

Exercising three to five times per week produces significant reductions in depression compared to once-a-week



ATTITUDE

Exercise helps to improve your body image and therefore improves your attitude



MASTERY

By exercising you develop environmental mastery which makes you feel you are in charge of the situations in which you live



ANXIETY

There are a number of acute affects associated with exercising such as lower state anxiety and higher tranquility scores









Thank

You

