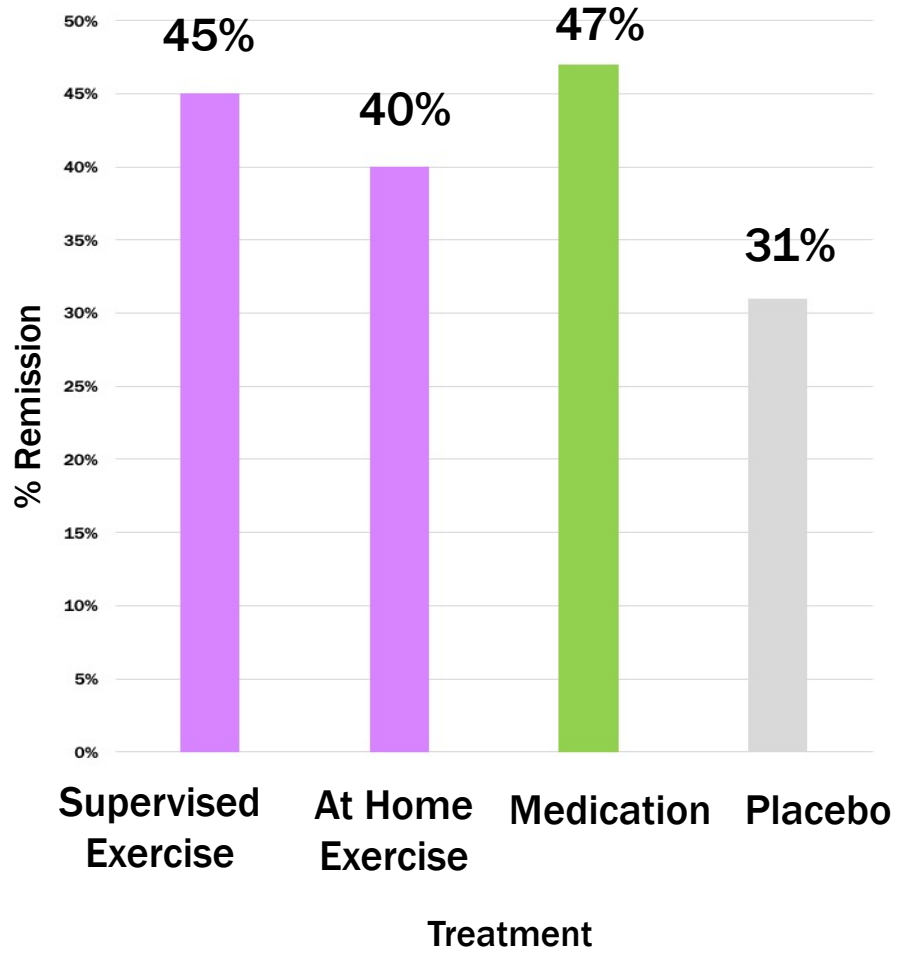


Exercise Makes You Happy

Carter Hutchinson

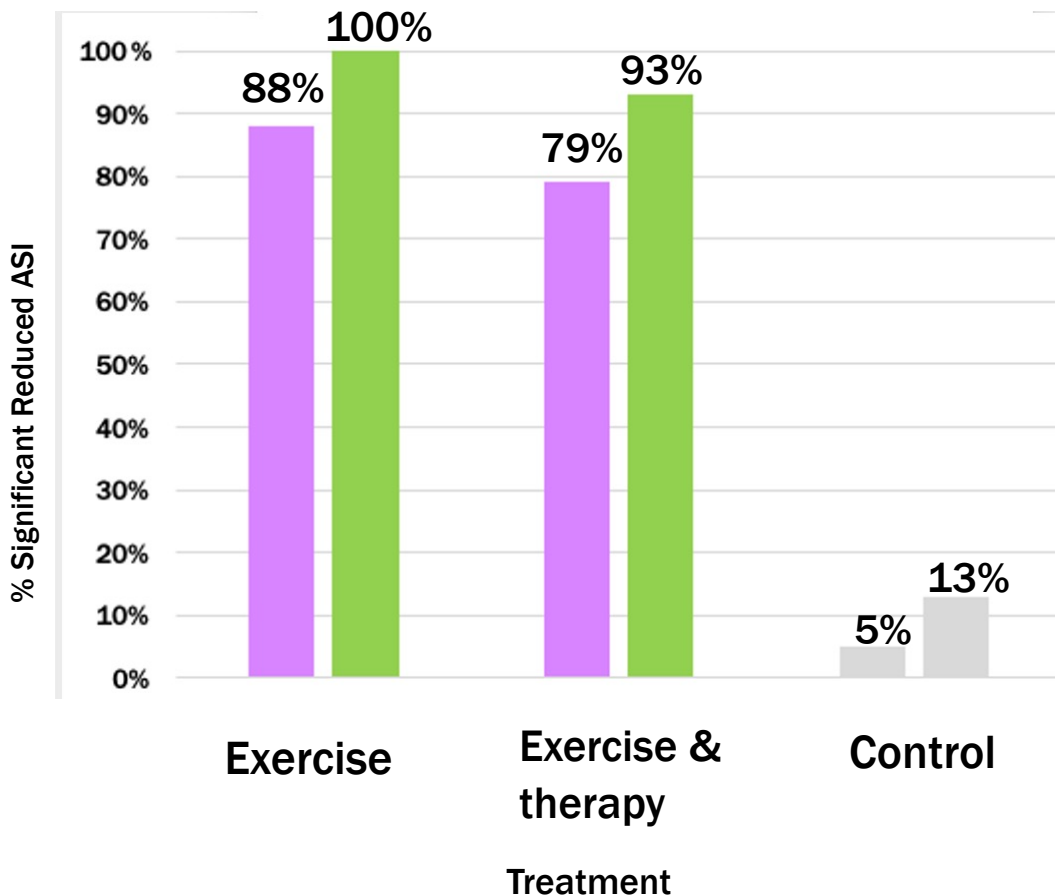
<https://tinyurl.com/exercisemakesyouhappy>

Exercise and medication similarly reduce depression.



Post treatment

Follow up



Exercise reduces anxiety.

References

<https://tinyurl.com/3k7vujet>

<https://tinyurl.com/ASlandexcercise>