**Social Media** **Posts – 4 Reasons Exercise Eases Stress**

**Facebook:**

**1.** Did you know that exercise can ease stress by boosting your endorphin levels? Find out how in our new blog LINK

**2.** Exercise is one of the best ways to combat high stress levels. Here’s 4 reasons why it helps to ease stress LINK

**3.** There are many ways exercise can reduce stress. The fact it can encourage more social interaction for example, can do wonders for your stress levels - LINK

**4.** Regular exercise is known to significantly reduce stress. Helping to clear the mind, you’ll feel a lot calmer, more in control and happier after a good workout LINK

**5.** One way that exercise can combat stress, is by controlling the fight or flight response. When you’re overly stressed, the fight or flight response tends to trigger, leading to further stress and anxiety LINK.

**Twitter:**

**1.** Here’s how regular exercise can help you to beat stress LINK

**2.** Exercise is awesome for clearing the mind and reducing stress LINK

**3.** Exercise boosts the endorphins within the brain, instantly easing stress LINK

**4.** Discover these 4 reasons exercise eases stress LINK

**5.** Feeling overly stressed? Here’s how exercise can help LINK