

The Mental Health Benefits of Exercise, according to a Fitness Expert

A fitness expert at The Houstonian Club shares the mental health benefits of exercise during Mental Health Awareness Month.

HOUSTON, TX, UNITED STATES, May 16, 2023 /EINPresswire.com/ -- May is Mental Health Awareness Month, and [The Houstonian Club](#), Houston's premier luxury fitness facility, is on a mission to raise awareness about exercise's crucial role in supporting mental well-being.

While The Houstonian Club boasts over 180 group exercise classes led by highly trained fitness professionals each week, it's not just about physical fitness. According to the [Mayo Clinic](#), exercise can also significantly benefit mental health.

As part of their commitment to supporting their members' overall health and wellness, The Houstonian Club highlights the mental health benefits of exercising. To share her expertise on the subject, The Houstonian Club turned to Connie Emmerson, B.S., ACSM Wellness Coach, NSCA, ACE personal trainer. Emmerson is a seasoned fitness and wellness professional with nearly four decades of experience in the industry.

Benefits of Exercise on Mental Health

Decreases stress

"Exercise decreases stress by releasing endorphins in your brain," explains Emmerson. The endorphins send signals to the body that improve mood, reduce stress or relieve pain. According to Emmerson, light exercise is recommended for stress reduction because more challenging workouts can mimic stress by increasing sweating, heart rate, and heavy breathing.



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Improves sleep

The benefits of quality sleep are essential to overall health and wellness. For those who struggle with getting enough shut-eye, Emerson recommends incorporating exercise into their routine. "Regular exercise improves sleep by regulating your circadian rhythm, which calms the body and allows people to have a deeper, more productive sleep pattern," she says.



Exercise can happen anywhere and doesn't have to be planned. Some people make the mistake of doing an hour of exercise and then not moving much for the rest of the day. It's better to keep moving."

*Connie Emerson, B.S., ACSM
Wellness Coach, NSCA, ACE
personal trainer*

Helps with depression and anxiety

According to Emerson, exercising regularly helps with anxiety and depression by improving sleep quality, boosting confidence, releasing endorphins, and increasing energy. She also highly recommends exercising outside in the sunlight.

"Exercise and sunlight release the feel-good chemicals serotonin and endorphins," says Emerson. "Walking outside is a great way to get in a light workout with the added benefits of sunshine and a great view. The

combination can be very uplifting."

How to incorporate exercise into a regular routine

Emerson recommends that her clients exercise as often as possible and believes exercise doesn't have to happen in a gym or structured environment. She encourages movement throughout the day and stresses the importance of weightlifting and resistance training at least twice weekly. "Exercise can happen in a store while shopping, in the kitchen while cooking, in a park, or at a gym. It doesn't have to be planned," says Emerson. "Some people make the mistake of doing an hour of exercise and then not moving much for the rest of the day. It's better to keep moving."

The best type of exercise for mental health benefits

What is the best type of exercise to help increase mental health? According to Emerson, the best exercise is one that people enjoy and will stick with. She also recommends activities that increase heart rate and move several muscle groups simultaneously to ensure an endorphin release.

[Photos are available here.](#)

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Located in the heart of Houston, The Houstonian Hotel, Club & Spa is a Forbes Travel Guide Four-Star secluded retreat adjacent to the city's iconic Memorial Park and minutes from downtown, the Galleria, and Energy Corridor. The Houstonian recently completed a \$70 million master plan renovation and was named in Travel + Leisure's World Best Awards as the #1 Resort Hotel in Texas. The resort is a member of Preferred Hotels and Resorts and is known for its timeless nature, elegant décor, private fitness club, and its involvement in Houston's historic events and celebrations. Guests at The Houstonian Hotel may relax and rejuvenate on a 27-acre oasis, with floor-to-ceiling wooded views in its 280 newly renovated guest rooms and suites, including a new Bush Suite with memorabilia from President George H.W. Bush's time at the property. TRIBUTE restaurant serves authentic Tex-Lex cuisine with an impressive wine list, The Bar & Patio is a classic local favorite, and the Coffee Shop serves guests in the elegant hotel lobby. The hotel has 33,890 square feet of indoor meeting space and 87,349 square feet of outdoor meeting space with a "Houstonian Experiences" menu for corporate and social groups, meetings, and celebrations. The 185,000-square-foot Houstonian Club offers over 180 weekly group exercise classes, aquatic programs, indoor and outdoor tennis, a resort pool with a rockslide, a 25-meter sports lap pool, and a quiet garden pool. Houstonian Club Members and Houstonian Hotel guests enjoy the club's luxurious locker rooms and wet areas, a fully equipped fitness floor with over



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300 pieces of equipment, indoor turfed fitness zone, enhanced group exercise fitness studios, cycle studio, a private yoga studio with aerial silks, and an indoor basketball court. The club also provides 2 areas for children ages 6 weeks to 12 years, kids camps, and special events and programming plus an outdoor playground and butterfly garden. Poolside dining is available at the expansive Arbor Grill, with wood decks, TVs, and a fire pit, and the club's grab-and-go called Refuel offers light fare and Starbucks Coffee. The club offers a full-time registered dietitian, and a wellness therapy suite called The Covery by The Houstonian Club. At 26,500 square feet, the new Trellis Spa



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at The Houstonian is the largest luxury spa in the state of Texas. From the outside, it resembles a magnificent European Villa with statuesque architecture and luscious gardens. On the inside, soothing, nature-inspired hues complement a grand, light-filled reception, renovated treatment rooms, sauna and wet areas, a scenic treetop dining room, an indoor Reflection Pool, and tranquil lounging areas. Trellis offers a Skin Care Clinic and a resident celebrity makeup artist. Its outdoor Soaking Pools and Garden provides an authentic contrast bathing experience with open-air cabanas, rocking chairs, a fire pit, and a butterfly art installation. The Houstonian also includes Sage 'n' Bloom Floral Studio, providing bespoke floral services for weddings and celebrations, client experiences, and corporate installations on-property and to the public.

One of Houston's historic gems, the property is known for its grace, comfort, and unparalleled guest experience.

<http://www.houstonian.com/the-club>

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