

**The Center for Movement-Based
Psychotherapy presents:**

Introduction to Exercise for Mental Health

Earn 1.5 CEs at your own pace

This course has been designed to introduce practitioners to the general use of physical activity and exercise for the maintenance of mental health and an overview of the literature surrounding the use of physical activity and movement-based interventions for mental health issues. Practitioners will be able to assess their client's current physical activity level and make more appropriate recommendations for increasing physical activity as an empirically supported lifestyle change.

Learning Objectives

- Explain the theoretical biopsychosocial mechanisms of how physical activity maintains or improves mental health.
- Describe the difference between movement, physical activity, and exercise.
- List and differentiate between the three different intensity levels of exercise.
- Assess the client's level of physical activity compared to Center for Disease Control recommendations.
- Identify what mental health symptoms may be prevented and/or treated with a physical activity intervention.

Get start today at
Movement-psychology.com

**There is no known commercial support for this program.
Questions? Contact us at info@Movement-psychology.com**

The Center for Movement-Based Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Movement-Based Psychology maintains responsibility for this program and its content.

