



Dr. Mustafa Tai, MD of PsychPlus Interviewed on Mental Health Benefits of Exercise



Why Does the Gym Make My Anxiety Go Away?

“Research shows that exercising on a regular basis can release natural chemicals in your brain such as endorphins and endogenous cannabinoids. Specifically any type of exercise such as swimming, running and biking that improves oxygen circulation to the muscles in your heart and lungs can reduce anxiety.” says [Dr. Mustafa Tai](#), psychiatrist and Medical Director at PsychPlus.