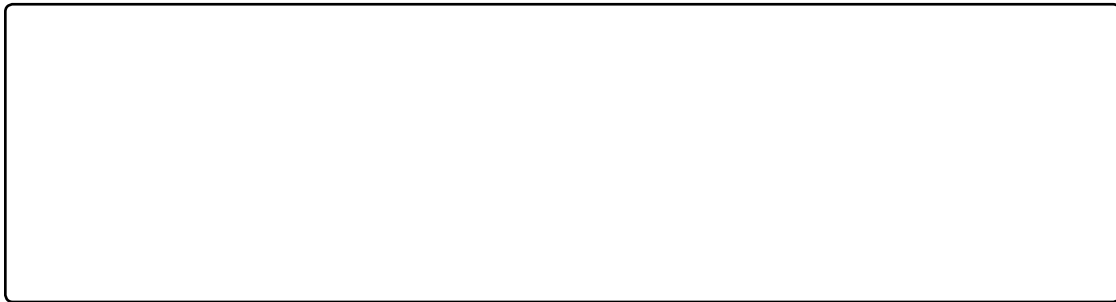




Nutrition and Exercise are Essential in Managing Mental Health Challenges in Adolescents

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Introduction

Adolescence is a period of rapid physical, psychological, and social development. This period is also characterized by mental health challenges, including depression and anxiety. Recent studies indicate that lifestyle factors, such as diet and exercise, play a significant role in mental health. For example, a study by [1] found that adolescents with high levels of physical activity and a healthy diet had a 50% lower risk of depression. Similarly, a study by [2] showed that adolescents who exercised regularly had a 30% lower risk of anxiety. These findings suggest that promoting healthy lifestyle habits can significantly reduce the burden of mental health disorders in adolescents. Effective interventions focusing on improving dietary quality and promoting exercise have the potential to substantially alleviate the burden of mental health disorders in this vulnerable population. By integrating these lifestyle factors into comprehensive mental health strategies, there is a clear pathway to enhancing the quality of life and promoting resilience among adolescents facing mental health challenges.

Exercise and diet are essential for mental health, especially in adolescents. Omega-3 fatty acids, antioxidants, and probiotics are beneficial for mental health. Exercise, particularly aerobic, is also beneficial. A combination of diet and exercise is the most effective approach. Omega-3 fatty acids, antioxidants, and probiotics are beneficial for mental health. Exercise, particularly aerobic, is also beneficial. A combination of diet and exercise is the most effective approach.

Results