

Study: Moving makes you happier

By Gretchen Reynolds, New York Times

When people get up and move, even a little, they tend to be happier than when they are still, according to a study that used cellphone data to track activities and moods. In general, the researchers found, people who move are more content than people who sit.

There already is considerable evidence that physical activity is linked to psychological health. Epidemiological studies have found, for example, that people who exercise or otherwise are active typically are less prone to depression and anxiety than sedentary people.

But many of these studies focused only on negative moods. They often also relied on people recalling how they had felt and how much they had moved or sat in the previous week or month, with little objective data to support these recollections.

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