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1. J Clin Psychiatry. 2007 May;68(5):669-76. Exercise for mood and anxiety disorders. Otto MW, Church TS, Craft LL, Greer TL, Smits JA, Trivedi MH.

Exercise improves mood - american psychological

Blumenthal has explored the mood-exercise connection and Anxiety: Proven Strategies for Overcoming Depression and Enhancing Well-being." Smits and Otto

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