

# PHYSICAL THERAPY AND MENTAL HEALTH



Barbados Physical Therapy Association | Senior citizens outreach | World Physical Therapy Day 2017

There are many reasons physical activity is good for your body – having a healthy heart and improving your joints and bones are two reasons – but did you know being physically active can also benefit your mental health and wellbeing.

As qualified experts in movement and exercise, physical therapists are best placed to give advice on how to improve your physical health, decrease your anxiety symptoms and improve your quality of life.



**Get active. Stay active. Talk to a physical therapist today**



World Confederation  
for Physical Therapy

[www.wcpt.org](http://www.wcpt.org)

**#worldptday**