Exercise has long been associated with producing a number of desirable outcomes, the most obvious being increases in muscular strength and aerobic fitness and improvements in body composition. But a growing body of evidence shows that exercise can also have favorable effects on mental health. This class will discuss the impact of exercise on depression and anxiety disorder.

Instructor: Matt Brzycki, Princeton University Campus Recreation

Register at www.princeton.edu/training

**Matt Brzycki**, BS, is the Assistant Director of Campus Recreation, Fitness at Princeton University. He has more than 37 years of experience in strength and fitness at the collegiate level, including the past 30+ years at Princeton. Matt has authored eight books, co-authored seven books and edited two books and has authored more than 530 articles/columns on strength and fitness that have been featured in 48 different print publications.