

# It's Better to Work Out With Other People Than by Yourself. Here's Why

By Jamie Ducharme

Exercise is great for mental health; research has shown that it can lower stress, improve mood and even decrease symptoms of depression and anxiety. But new research finds that a group exercise class may be even better for your mental wellbeing than a solo sweat session.

A small study published in the Journal of the American Osteopathic Association found that people who took group exercise classes reported less stress and more physical, emotional and mental health benefits than those who exercised alone or did not hit the gym at all, suggesting that a social atmosphere may compound the already numerous benefits of physical activity.

