

## Physical Exercise, Mood and Well Being: Considerations of The Prescription of High Intensity Exercise

### Abstract

The many benefits of exercise in improving the well-being and mental health have attracted the interest of health professionals about the various questions about prescription order forms such purposes. Currently, high-intensity physical activity is explicitly recommended for the adult and that intense exercise when combined with moderate exercise provides, over time, health maintenance and reduction of chronic diseases. In this sense, this review aims to assess possible psychophysiological mechanisms, physiological and biochemical components involved in the relationship between physical exercise, mood and well-being as well as explore the current role and influence of high intensity exercise in relation cited. Trends and future needs on the theme and application of intense physical exercise are also discussed.

*Keywords:* Physical Exercise; High intensity; Mood; Well-being.