

# Moment of Clarity Urges Community to "Get Moving, Boost Your Mind!" During National Physical Fitness and Sports Month

*May 28, 2025*

RESEDA, CA - May 28, 2025 -

Reseda, California ? Moment of Clarity, a leading outpatient mental health treatment provider in Reseda, California, is proud to join the national conversation during May?s National Physical Fitness and Sports Month by encouraging the local community to embrace movement as a vital component of mental health. The campaign, ?Get Moving, Boost Your Mind!? echoes a nationwide effort to highlight the powerful, research-backed connection between physical activity and improved mental well-being. This call to action aligns with Moment of Clarity?s core mission to empower people with practical tools, treatments, and support systems that strengthen emotional and psychological resilience.

Located at 18627 Keswick St. in the heart of Reseda, Moment of Clarity continues to serve the broader communities of Downtown Reseda, Sherman Oaks and Van Nuys by offering high-quality mental health services in a welcoming outpatient setting. With an emphasis on personalized care and evidence-based methods, the clinic provides a safe and supportive environment for people struggling with depression, anxiety, trauma, and mood disorders. In the spirit of National Physical Fitness and Sports Month, Moment of Clarity is spotlighting how physical activity can serve as an essential complement to cognitive behavioral

therapy and other treatments, helping patients improve their mental health from multiple angles.

The nationwide initiative, supported by the Office of Disease Prevention and Health Promotion, stresses that regular physical movement is not only good for the body, but it also plays a crucial role in maintaining mental wellness. From brisk walks and yoga to team sports and strength training, studies consistently show that people who stay physically active are more likely to experience reduced symptoms of depression and anxiety. Exercise increases the production of endorphins, dopamine, and serotonin?neurotransmitters that help regulate mood and promote well-being. For people navigating emotional challenges, incorporating physical fitness into their routines can enhance the progress made through structured mental health treatment.

This holistic perspective is central to the care philosophy at Moment of Clarity. The clinic?s therapists and mental health professionals encourage patients to integrate movement into their lives for physical benefits and long-term mood, focus, and self-esteem improvement. Through outpatient mental health treatment programs that combine cognitive behavioral therapy, mindfulness practices, and patient education, Moment of Clarity empowers people to participate actively in their recovery. This approach is efficient for those seeking flexible, real-world solutions that can be applied in and out of therapy sessions.

The team at Moment of Clarity recognizes that not every person is an athlete or gym-goer, so their focus remains on realistic, accessible ways to incorporate movement into daily life. Whether it?s a morning walk through Reseda Park, stretching exercises at home, or a casual basketball game with friends in Van Nuys, any form of physical activity can become a powerful supplement to professional care. The clinic reinforces that movement is not about perfection or performance?it?s about consistency, self-care, and the pursuit of emotional balance.

In addition to highlighting the benefits of movement, Moment of Clarity continues to offer a full spectrum of outpatient mental health services for patients in the Reseda and surrounding Los Angeles area. Their offerings include comprehensive depression treatment, anxiety disorder treatments, trauma-focused care, and cognitive behavioral therapy tailored to each patient's unique needs. As a mental health center that prioritizes access and quality, Moment of Clarity allows patients to receive top-tier care while maintaining their work, school, and family responsibilities. This outpatient model is particularly valuable for those who need support but cannot commit to full-time residential programs.

The clinic?s mental health staff are highly experienced, compassionate professionals who believe in meeting patients where they are, both emotionally and physically. With structure, understanding, and expert care, Moment of Clarity helps patients build coping strategies, identify patterns that may contribute to distress, and

create healthy routines that foster lasting progress. This commitment to whole-person care continues to make the clinic a trusted resource throughout Reseda and the greater Los Angeles region.

As National Physical Fitness and Sports Month continues to promote movement as medicine, Moment of Clarity is proud to amplify that message within its clinical practice and throughout the Reseda community. The clinic encourages people from all walks of life to explore the benefits of physical activity, not as a replacement for therapy, but as a powerful partner in mental health. Every walk, stretch, or swim can improve emotional stability, self-awareness, and quality of life.

For those seeking support, Moment of Clarity offers confidential consultations and personalized treatment plans to help people take their first steps toward healing. Visit their website at https://momentofclarity.com/ to learn more about their outpatient mental health treatment services and explore how they incorporate National Physical Fitness and Sports Month principles into their care model.

Through community engagement, expert mental health treatment, and a commitment to overall wellness, Moment of Clarity stands out as a vital resource in Reseda. As the clinic urges the public to "Get Moving, Boost Your Mind!" it reinforces the truth that mental and physical health are inextricably linked?and that better days are within reach for everyone with the proper support.

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For more information about Moment of Clarity Reseda, contact the company here:Moment of Clarity ResedaMarie Mello(747) 337-3075marie@momentofclarity.com18617 Keswick St, Reseda, CA 91335

**Moment of Clarity Reseda**

*Reseda, CA's preferred mental health treatment facility. Whether you are struggling with anxiety, depression, dual diagnosis disorder, eating disorders, or general unrest, call Moment of Clarity*

Website: https://momentofclarity.com/locations/los-angeles-ca/

Email: marie@momentofclarity.com

Phone: (747) 337-3075