Abstract
This article makes a theory reflection about the existing link between the physical activity and mental health. The objective is to elicit the benefits of the practice of systematic exercises in promotion of mental health. There are evidences of that physical activity works for the improve of self esteem, self knowledge of the body image, cognitive functions and socialization, in reduction of stress and anxiousness. The adoption of healthy behaviors is the mean way to optimization of mental health. And the physical activity is the most important tool for the health promotion.

Keywords
Mental health, Physical activity, Health promotion.