



## Types of exercise for depression

Consider the following when deciding what type of exercise is best for you:

- What physical activities do I enjoy?
- Do I prefer group or individual activities?
- What programs best fit my schedule?
- Do I have physical conditions that limit my choice of exercise?
- What are my goals? (For example: weight loss, strengthening muscles, improving flexibility, or improving my mood)

## Moderate exercises

Make exercise fun! Choose an activity you enjoy. Schedule time for exercise. Enrolling in the MOVE! Weight Management Program.

*biking, dancing, gardening, jogging  
low-impact exercises, tennis, swimming,  
walking, yard work (mowing or raking),  
housework (sweeping, mopping, or  
vacuuming), yoga, golf*

## How much exercise is enough?

- 30 minutes of exercises that increase your heartbeat per day, 4 to 5 days a week, can help to regulate our bodies and our brains against depression.
- Adding on 2 days of strength training each week is also recommended.
- Take it easy if you are just beginning to exercise by starting with 20 minutes and then building up to 30 minutes. Any amount of exercise can be helpful in treating depression.
- If you have not exercised in a while, are over age 50, or have a medical condition such as diabetes or heart disease, ask your doctor if you can start an exercise program.
- Do not ignore pain during exercise. You can cause injuries to your joints and muscles.

## What you should know about the benefits of exercise in depression?



## Get motivated

It can be difficult to exercise if you are depressed. Try exercising with a friend, walking in the park or joining a group class like yoga. Consider a personal trainer to help you take that first step!

## Stay motivated

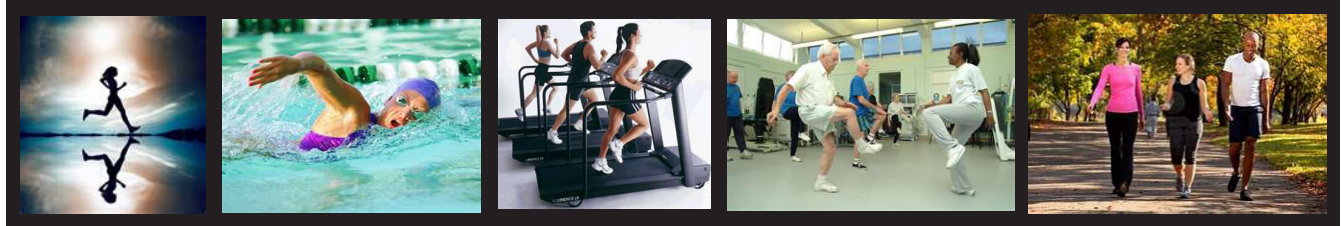
- Make exercise fun! Choose an activity you enjoy
- Schedule time for exercise
- Avoid boredom by varying your exercises
- Exercising doesn't have to be expensive – Avoid buying expensive equipment and gym memberships unless you are going use them regularly

Exercising regularly will become part of your lifestyle and will help reduce your depression.

## Stay at a healthy weight

People who are obese are more likely to become depressed, and people who are depressed are more likely to become obese.

If you have a weight problem, consider enrolling in the MOVE! Weight Management Program.



## Exercise as a treatment for depression

- Exercise maintains your overall health, and research has shown that it is an effective treatment for mild to moderate depression
- Exercise is an effective treatment for depression, but you should not stop your medicines or talk therapy in favor of working out.
- Exercise is an effective treatment for depression due to its effect on brain chemistry.
- When you exercise, your body releases chemicals called endorphins.
  - reduce your perception of pain
  - trigger a positive feeling in the body
  - act as sedative
  - improve sleep
- Workouts that increase your heartbeat improve circulation in the brain. This results in healthy brain functions and more balanced brain chemistry.

## Benefits of exercise

- Reduce stress
- Decrease anxiety and feelings of depression
- Increase self-esteem
- Improve sleep
- Strengthen your heart
- Increase energy
- Lower blood pressure
- Improve muscle tone and strength
- Strengthen and builds bones
- Reduce body fat
- Maintain a healthy weight

## Types of exercise for depression

Motivate your brain and improve your mood!

Exercise that requires concentration such as lifting a ball above your head then moving into a forward lunge will get your brain working harder than exercises like rowing or pedaling a stationary bike.