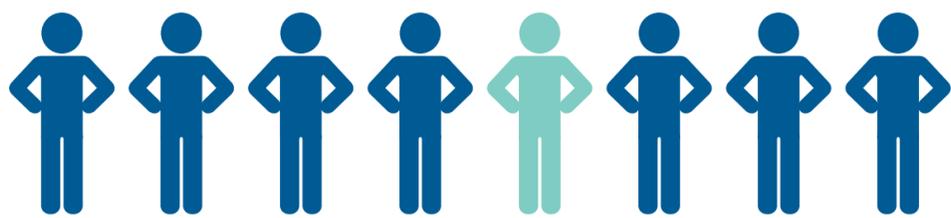


Exercise and Depression

Many of our moods are dependent on chemicals in our brain, and any imbalances of these can leave you feeling sad. Exercise can change the function of chemicals in our brain, similar to the effects of medications and therapy. Meaning, exercise can help improve mood in people with mild to moderate depression. It can reduce symptoms, increase energy, improve sleep, and often these changes can be felt quickly.

1 in 8 adults report experiencing depression and depressive symptoms at some point during their lifetime.

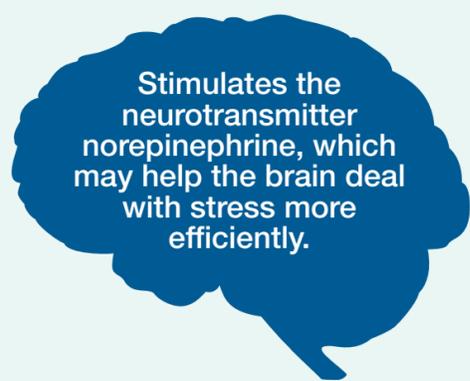


How?

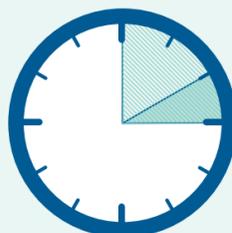
Exercise:



Naturally calms and increases mood.



Aerobic exercise, such as jogging or walking, has greatest effect on depressive symptoms, but all types of exercise can have a positive effect.



Even 10-15 minutes at a time can make a difference.

Studies show



of regular (3-5 times/week) exercise is equally effective as antidepressant medication



Just 30 minutes of walking for 10 days may be enough to reduce symptoms of depression.

On Your Marks!

Get Set!

Go!

Talk to a health care professional.



Exercise at a consistent time.

Keep an exercise log



Choose an activity you enjoy



Remember

exercise needs to be part of your weekly schedule to maintain its benefits.

Learn more about this and other addiction and mental health topics:

Follow us on twitter (@AMH_SCN) or subscribe to our newsletter addictionmentalhealth.clinicalnetwork@albertahealthservices.ca.