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?

Naturally calms and increases mood.

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

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!

Exercise

Talk to a health care professional.

Choose an activity you enjoy

Remember

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

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