

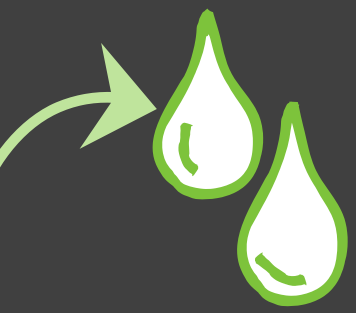
# DEPRESSION AND EXERCISE

## WHY DOES IT MATTER?

Depression is a leading cause of disability worldwide



## GENERAL BENEFITS OF EXERCISE



Positively effects attention, memory and processing speed

Healthy for your brain!

## DIFFERENT TYPES OF BENEFICIAL EXERCISE

- Walking
- Jogging
- Strength Training
- Yoga
- Dancing
- Stretching



## THING TO KEEP IN MIND



### SUPERVISED WORKOUTS

Having supervision during workouts has shown to be more effective, and have lower drop-out rates



### PARTICIPATE IN MORE THAN ONE

Participation in both physical activity and resistance exercise has shown to have lowest prevalence of depressive symptoms



### INTENSITY AND EXERCISE

There is a correlation between intensity of the exercise and the benefits seen afterward

## EFFECTS OF EXERCISE



### SHORT-TERM

1. Decrease in depressive symptoms
2. Increase in mental toughness
3. Faster reaction time in working memory



### LONG-TERM

1. Sustained decrease in symptoms
2. Increase in VO2 Max
3. Increase in self-motivation for physical activity



## FIGHT AGAINST DEPRESSION



**WORKRIGHT**<sup>NW</sup>  
INJURY PREVENTION