



SEPTEMBER QUIZ

EXERCISE & DEPRESSION

Regular exercise has many proven medical benefits, including the prevention of several conditions, including (but not limited to) heart disease, diabetes, stroke, osteoporosis, certain types of cancer, and arthritis. This is in addition to the physical benefits derived from exercise. All of this is generally common knowledge these days – but did you know that exercise has proven benefits for those suffering with depression?

Recently, several trials have found that:

- Exercise increases serotonin and endorphin levels. Low serotonin is often linked with people who suffer from depression and anxiety. By increasing serotonin, and the “feel-good” hormone endorphin, sufferers can build resilience to mental pressure.
- Naturally, people with depression tend to retreat. Because exercise gets you out and about (often in social exercise situations) this can assist people to overcome symptoms.
- Regular exercise, of moderate intensity can be an effective adjunctive treatment for those living with depression.
- Some sufferers of mild to moderate depression have found that exercising regularly for between 12 and 16 weeks had the same effects on their wellbeing as taking antidepressant medication.
- Both weight bearing and cardiovascular exercise can assist in the treatment of depression.
- Some sufferers of depression who do not completely respond to medication have found that exercising regularly with their meds helps them to feel better.
- For those with depression, and who are relatively inactive, a good alternative to medication can be exercise.

Recommendations:

- Sufferers should follow their doctor's advice regarding exercise and medication.
- Exercise for a minimum of 30 minutes each day, whether this is 30 minutes at once, or broken up into 3, 10 minute sessions.
- Exercise at a moderate rate. An easy gauge of this is to note a slight elevation in your rate of breathing, as well as an increase in your heart rate.

***Turn over for your chance to WIN a 30 Minute Massage
Entries due in the Suggestion Box by 23 September 2014 - Good Luck***



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Complete the Quiz for the chance to WIN a 30 Minute Massage

Circle the correct answer then place your completed Quiz in the Suggestion Box by
23 September 2014

Depression is caused by lack of exercise.

TRUE / FALSE

Some sufferers of depression find that regular exercise assists with their symptoms.

TRUE / FALSE

Exercising at a moderate intensity is beneficial for depression sufferers.

TRUE / FALSE

Sufferers can swap medication for exercise as they see fit.

TRUE / FALSE

Decreasing serotonin and endorphin levels via exercise can aid depression sufferers.

TRUE / FALSE

NAME: _____

TELEPHONE: _____