



Bring your  
inner  
**Star  
Athlete**  
into Play

By taming depression & improving  
**WELLNESS WITH EXERCISE**

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 **WILD 5★ Wellness™**  
Wellness Interventions for Life's Demands

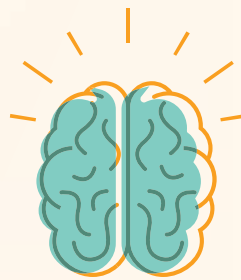
# HAVE EXERCISE ON THE BRAIN

And put depression out of your mind

*"True enjoyment comes  
from activity of the mind  
and exercise of the body;  
the two are ever united."*

— Wilhelm von Humboldt

It can be hard to find the energy to exercise, especially when depression has you feeling down, tired and unmotivated. Doing your best to exercise no matter how you're feeling is good for anyone, but it's particularly important if you're fighting depression. Physical exercise can help you tame your depression if you make it a part of your daily routine.



## **Depression:**

- Can be a serious medical condition
- Leads to tiredness and fatigue
- Takes away motivation and drive
- Is a treatable illness!

## A healthy mind from a healthy body

You probably know that exercise helps us lose weight and reduces blood pressure. You might even know that it improves our immunity and helps us fight infection. But we think you'll be surprised to learn that exercise also boosts our brain functioning, increases brain size, and even reduces our risk of developing depression!

The good news is that with exercise, recovery from major depression **is possible!**

But remember, active effort is needed to defeat it and keep it from returning, so let's get your exercise action plan up and running!



# IT'S NOT ROCKET SCIENCE... IT'S EXERCISE SCIENCE!

It's simple: exercise regularly to reduce your depression (and so much more)!

*"All truly great thoughts are conceived while walking."*

— Friedrich Nietzsche

So how exactly can physical exercise help control depression? Scientists now firmly believe that physical exercise directly benefits the brain, especially the parts that control our mood. If that's not enough reason to get moving, physical exercise also seems to increase the size of the parts of the brain harmed by depression.

## Who can use exercise to fight depression?

Scientists have studied physical exercise extensively in people with major depression. The results are very promising. So let's see who can benefit from exercise to beat depression:

- People of ALL age groups benefit from exercise and its effects on mood
- Women and men benefit equally from exercise's ability to reduce depression
- People with all types of depression – mild, moderate or severe – enjoy the benefits of physical exercise

**Now that you know that exercise can help ANYONE fight depression, get out there. Embrace physical exercise fully to reap the many benefits!**



### PACK A 1-2 PUNCH AND HIT DEPRESSION HARD!

Both exercise and medication (antidepressants) are used to fight depression. The good news is that the combination works better than either of them alone. Science shows that exercise seems to make antidepressants work better. So exercise not only makes you feel better and boosts your brain function, but it also improves your depression treatment!



# FIT AS A FIDDLE

If you want to be FIT then you must FID

*"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."*  
— John F. Kennedy

Not sure how you should exercise to fight depression? Just remember **FID**: it's all about **F**requency, **I**ntensity, and **D**uration.

## Frequency

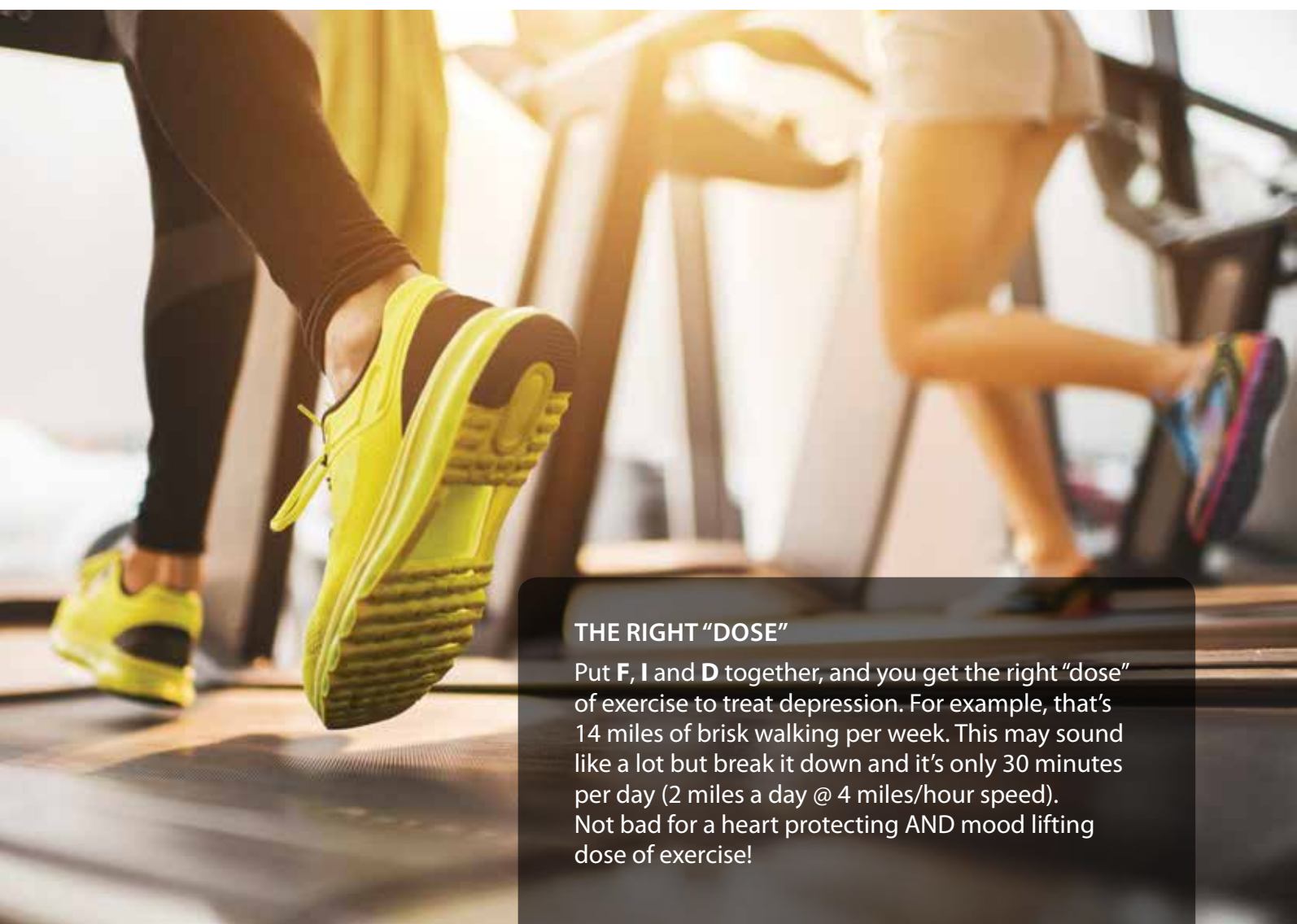
Exercising 5 or more times a week gives you the greatest mood benefit. This may sound like a lot, but keep reading and you'll see that you can do it for shorter periods of time. Remember, it's important to exercise nearly every day to get the most bang for your buck.

## Intensity

Talk to your healthcare provider about your degree of exercise intensity – how hard you exercise – before you start your routine. Exercising harder has a greater positive effect on mood. So please don't ignore the intensity of your exercise, it can really make a difference!

## Duration

Even short bursts of exercise (between 20-30 minutes) have an impressive effect on depression. A person doesn't have to exercise for long periods of time to improve their mood. Isn't this great news?



**THE RIGHT "DOSE"**  
Put **F**, **I** and **D** together, and you get the right "dose" of exercise to treat depression. For example, that's 14 miles of brisk walking per week. This may sound like a lot but break it down and it's only 30 minutes per day (2 miles a day @ 4 miles/hour speed). Not bad for a heart protecting AND mood lifting dose of exercise!

# VARIETY IS THE SPICE OF LIFE... AND OF EXERCISE!

Throw a curve at your body.  
Your mind will thank you!

*"Health is the vital principle  
of bliss, and exercise, of health."*

— James Thomson

Now that you know the *How* – how often, how hard, how long – you might be wondering about the *What*. What works best to treat depression – aerobic exercise (i.e. walking, bike riding) or resistance training (i.e. weight lifting)? The simple answer is: BOTH! Not only does the combination produce the best results, it'll also keep things interesting.

So don't be afraid to mix up your exercise routine and try different things. We think you'll be pleased with the results!

## **KEEP THOSE FEET MOVING AND DON'T GIVE UP!**

Remember this important fact: the benefits of physical exercise on depression continue to increase the longer we stay active. Exercise really is a great investment! So keep at it to keep feeling better!

## Why do we fall?

So we can get back up! You might feel down or have trouble finding the motivation to exercise from time to time. It's okay to have a setback and stumble now and then. Luckily, physical exercise not only reduces depression, it also helps us experience strong emotions like happiness, pleasure, joy, etc.

So when you're down, just focus on taking that first step, or lifting that one weight, and you'll be smiling again in no time!

When struggling with depression, imagine being able to exercise and counter those negative feelings with positive feelings. Not a bad deal, right? We encourage you to give it a try and see if exercise makes you feel better.

## **NEED A SPOT?**

We want you to have all the help you need to get the most out of exercise. Be sure to use the tools at the back of this booklet, designed to help you develop your exercise routine and track your progress. And don't forget to share with your healthcare provider!



# EXERCISE: A NATURAL HIGH

Being active will lift your spirits. But don't take our word for it, see for yourself!  
Here's an exercise and mood log to track your successes.

**Use this tracker to record your mood before and after you exercise, and to make a note of what you did and for how long. This will help you identify what works best for you and will give you a big motivational boost to boot!**

**My Goals for the week:**

**Mood Scale:**

1 2 3 4 5 6 7 8 9 10  
Not depressed Very depressed

Please rate your mood before and after exercise by circling the appropriate number below

<b>Mon.</b> <input type="text" value="Date:"/>	<b>Activity:</b>  MOOD   Before: 1 2 3 4 5 6 7 8 9 10	<b>Duration:</b>  MOOD   After: 1 2 3 4 5 6 7 8 9 10
<b>Tue.</b> <input type="text" value="Date:"/>	<b>Activity:</b>  MOOD   Before: 1 2 3 4 5 6 7 8 9 10	<b>Duration:</b>  MOOD   After: 1 2 3 4 5 6 7 8 9 10
<b>Wed.</b> <input type="text" value="Date:"/>	<b>Activity:</b>  MOOD   Before: 1 2 3 4 5 6 7 8 9 10	<b>Duration:</b>  MOOD   After: 1 2 3 4 5 6 7 8 9 10
<b>Thu.</b> <input type="text" value="Date:"/>	<b>Activity:</b>  MOOD   Before: 1 2 3 4 5 6 7 8 9 10	<b>Duration:</b>  MOOD   After: 1 2 3 4 5 6 7 8 9 10
<b>Fri.</b> <input type="text" value="Date:"/>	<b>Activity:</b>  MOOD   Before: 1 2 3 4 5 6 7 8 9 10	<b>Duration:</b>  MOOD   After: 1 2 3 4 5 6 7 8 9 10
<b>Sat.</b> <input type="text" value="Date:"/>	<b>Activity:</b>  MOOD   Before: 1 2 3 4 5 6 7 8 9 10	<b>Duration:</b>  MOOD   After: 1 2 3 4 5 6 7 8 9 10
<b>Sun.</b> <input type="text" value="Date:"/>	<b>Activity:</b>  MOOD   Before: 1 2 3 4 5 6 7 8 9 10	<b>Duration:</b>  MOOD   After: 1 2 3 4 5 6 7 8 9 10

Inspiring quote of the week: \_\_\_\_\_

# ON TRACK TO LEAVE DEPRESSION IN THE DUST

Tracking your Maximum Heart Rate  
is super important

To get the most out of your exercise, it's important to know your Maximum Heart Rate (MHR). If you exercise at 65% of your MHR per minute or greater, you'll get the most benefit. Want the most bang for your buck? Let's learn how to calculate our MHR:

Subtract your age from 220. That's it, nothing more to it! As an example, if you're 50 years old, then your MHR is  $220 - 50$ , which is 170. When you exercise, the goal is to keep your heart rate at 65% of 170 (110) or higher.

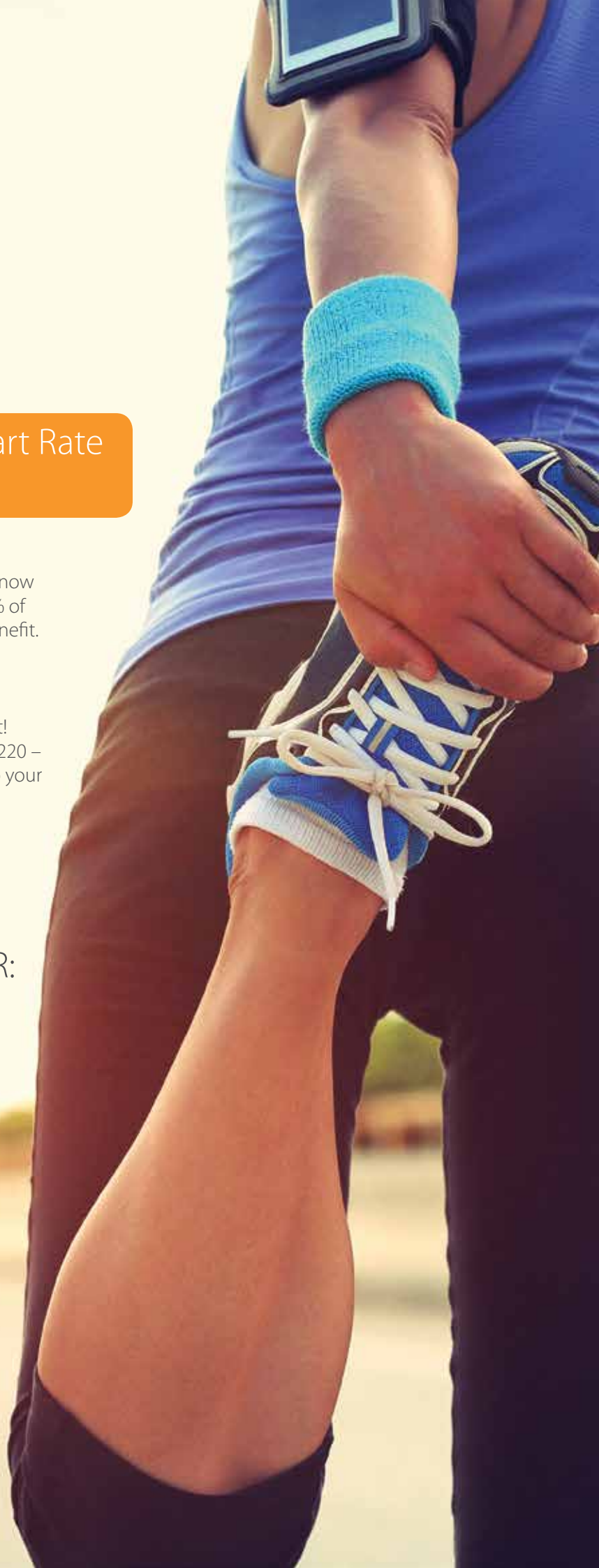
Please take a moment to  
calculate and record your MHR:

**My Maximum  
Heart Rate is  
(220 - my age) =**

---

**65% of  
my Maximum  
Heart Rate is:**

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# HIT THE GYM. DOCTOR'S ORDERS!

## Exercise Prescription

Medication is a big help when it comes to fighting depression, and exercise is just as important. How can you tell? You get a prescription for exercise, too!

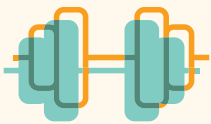
Please take the time to discuss your exercise goals with your healthcare provider:



1. I agree to exercise the following number of times per week

(please check one option below)

- 1/Week
- 2/Week
- 3/Week
- 4/Week
- 5/Week
- 6/Week
- 7/Week



2. I agree to exercise at this level of intensity

(please check one option below)

- Low Intensity
- Moderate Intensity
- High Intensity



3. I agree to the following number of minutes of exercise per workout

(please check one option below)

- Less than 15 minutes
- 15-20 minutes
- 20-30 minutes
- 30-45 minutes
- 45 minutes – 1 hour
- Greater than 1 hour



4. I agree to the following type of exercise

(please check one option below)

- Aerobic Exercising
- Weight Lifting/Resistance Training
- Mixed (both)



# MY ACTION PLAN

Please fill out your action plan and take it with you to your next appointment, so you and your healthcare provider can determine the best exercise plan to help you beat depression.

## 1. MY CURRENT EXERCISE ROUTINE:

## 2. THREE REASONS WHY EXERCISE IS IMPORTANT TO MY PHYSICAL AND MENTAL HEALTH:

## 3. ROADBLOCKS THAT KEEP ME FROM EXERCISING:

## 4. TO BE FIT, I MUST FID. WHAT ARE THE THREE ELEMENTS OF FID:

## 5. MY ACTION PLAN TO DEVELOP MY OWN EXERCISE ROUTINE:

*"An early-morning  
walk is a blessing  
for the whole day."*

— Henry David Thoreau



