



Decrease depression with exercise

6 tips for moving more

While there are many treatments available for depression, including medication and therapy, exercise has emerged as an effective tool for managing the symptoms of depression. Here are six ideas to add more movement to your daily routine.

- 1. Change your mindset.** Instead of thinking of physical activity as a chore, think of it as a way for your body to release happy hormones (endorphins)!
- 2. Try walking.** It's effective and accessible for most people. In one study, 25% of depression was lowered among adults who walked briskly for 2.5 hours per week.
- 3. Lift weights.** To help build confidence, start lifting weights to build muscle. Having more muscle results in your body burning more fat, which is better for your cardiovascular system.
- 4. Join a gym or try a class.** Social interaction is an important pillar of wellness. This can help in so many ways to build community and help you find people you can turn to when you need support.
- 5. Make it playful.** Exercise doesn't have to be boring. Try a variety of new things to find something that not only gets you moving, but brings you joy.
- 6. Set achievable goals.** To boost confidence, set goals you know you can attain (even if they seem easy at first). For example, go on a 10-minute walk three times a day.

Sources: APA.org, November 2022; CDC - Preventing Chronic Disease, September 2019



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