

# THE DAILY MOVEMENT

THE RIGHT EXERCISE ADVICE, FROM THE EXPERTS

## EXERCISE FOR MENTAL HEALTH

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The physical benefits of regular exercise are often publicised and include living longer, reducing disease risk and weight management just to name a few. However, the benefits go beyond the physical! Exercise is beneficial for improving mental health too. Common conditions that exercise has been proven beneficial, include depression, anxiety, PTSD, bipolar and dementia.

How exactly can exercise help you?

1. Exercise improves mood by increasing endorphins (serotonin and dopamine) in the brain.
2. Exercise can promote healthy sleeping patterns and energy levels.
3. Exercise can help form important social interactions.
4. Exercise is a powerful stress management tool
5. Exercise can give you a sense of control of your mental health.

We understand that the thought of exercising may seem daunting and motivation can be low. You most likely have more questions than answers. What exercise should I do? Am I doing enough? How do I get started? In this issue of The Daily Movement, we endeavour to answer your questions by delving deeper into the types of exercise that are most effective, plus some helpful tips to get you going.

### DID YOU KNOW??

\$9.0 billion was spent on mental health-related services in 2015-16. This equates to an average of \$227 per person.

These high figures further support the requirement for more cost effective treatments. As exercise can be incorporated at little to no cost and for most healthy populations is safe to implement and self-monitor, it is a real option for reducing healthcare costs in Australia

### TRUE OR FALSE?

- 1 45% of Australian adults will experience a mental health disorder at some stage in their life.
- 2 Exercise can be as effective as antidepressant medication.
- 3 You MUST exercise for about an hour for it to be effective

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OUT THE ANSWERS



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## WHAT EXERCISE AND WHY

The aim is to reach the recommended guidelines for adults, a minimum of 150 hours of moderate intensity aerobic activity and a minimum of 2 strength training sessions per week. With any mental health condition, it is important to take into consideration these guidelines, but also finding things you enjoy. Yoga has been found to be very effective in conjunction with aerobic and strength training. High intensity interval training has also shown benefits for those with a variety of mental health conditions as it is very time efficient and challenging.

### Resistance Training



Resistance training involves activities like lifting weights or using your own body weight as leverage to stress your muscles.

### Aerobic Training



This is the type of exercise that will get you huffing and puffing. Think things such as a brisk walk, swimming and cycling.

### High Intensity Interval Training



This style of training involves bursts of extremely high intensity activities such as sprinting with periods of active or complete rest in between for recovery.



## YOUR CHECKLIST FOR A PERFECT LIFESTYLE AND EXERCISE PLAN

- ☐ Perform exercise that is enjoyable and stimulating.
- ☐ Incorporate both aerobic and resistance training into an exercise plan.
- ☐ Reduce sedentary behaviour. Small bouts of exercise like regular walking are helpful
- ☐ Form a weekly plan of WHEN and WHAT exercise will occur.
- ☐ No more than 2 consecutive days without exercise.
- ☐ If further guidance is needed or you are not seeing the results you expect, see an Accredited Exercise Physiologist.

## TIPS FOR GETTING STARTED

- ✓ Start small and build up. By making small changes and incorporating regular, purposeful movement into your daily routine, you will reap the benefits for years to come.
- ✓ Exercise in a different environment. Separating yourself physically from the stresses and distractions of your work and home, exercising outdoors is a great way to do this.
- ✓ If motivation to exercise is low, make an "exercise appointment" with a friend or family member. This is a great way to keep social and get much needed support.



## TRUE OR FALSE ?

- 1 **True.** This statistic is from a 2018 AIHW report. This reinforces how prevalent mental health is in Australia.
- 2 **True.** It has been shown that 16 weeks of regular exercise has been found to be equally effective as antidepressant medication in the treatment of mild to moderate depression.
- 3 **False.** Even small bouts of light exercise can be beneficial for alleviating symptoms of anxiety and depression. The message is to be active in as many ways as possible.