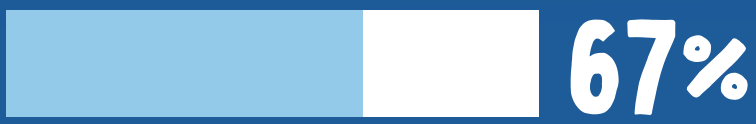




# DEPRESSION & EXERCISE



OF PEOPLE DIAGNOSED WITH DEPRESSION ALSO HAVE ANXIETY.



**265 MILLION+**  
PEOPLE AFFECTED WORLDWIDE!



25%  
OF PEOPLE WITH TYPE 2 DIABETES, PARKINSON'S OR CARDIOVASCULAR DISEASE WILL EXPERIENCE DEPRESSION.

## WHAT IS DEPRESSION?

Depression is a common, potentially debilitating condition characterised by sadness, loss of interest or pleasure, and feelings of guilt or low self-worth. Depression may also manifest as:

- Disturbances in sleep,
- Issues with Concentration,
- Lack of appetite,
- Persistent fatigue.

## HOW CAN EXERCISE HELP?

Evidence suggests physical activity and exercise exert multiple benefits for people with depression. People engaging in regular physical activity or exercise, even at very low levels, are less likely to experience symptoms of depression and **as little as 1-hour may be sufficient to prevent future depressive episodes.**

## EXERCISE RECOMMENDATIONS:

<b>FREQUENCY</b>	Most days of the week with resistance training on 2 non-consecutive days each week
<b>INTENSITY</b>	Low - moderate or patient- preferred. Emerging evidence supports high intensity exercise for some people.
<b>TIME</b>	30 - 60 minutes per session. Starting with small amounts of 5-10 minutes is also effective.
<b>TYPE</b>	Most important is that the activity is enjoyable e.g. group fitness, treadmill, cycling, free weights, machines etc.
<b>SUPERVISION</b>	Appropriately trained and qualified accredited exercise physiologist or physiotherapist.

## DIAGNOSIS

Diagnosis of major depressive disorder is based on daily (or nearly daily) presence of symptoms over a 2-week period. People with depression are less active and more sedentary leading to lower levels of cardiorespiratory fitness compared to the general population. Lack of physical activity is subsequently associated with increased symptom severity and early mortality.



FIFTY  
50 by

## HOW CAN CLUB ACTIVE HELP?

Club Active gym provides an allied health clinic with accredited exercise physiologists, dietitians, and physiotherapists in a safe, non-intimidating environment. **We offer tailored exercise programs designed to improve your physical and mental health. Fifty 50 group fitness is also available across all club locations.** Speak with your GP today about eligibility criteria for Medicare rebates with a Chronic Disease Management plan. We also work with NDIS, DVA, Work Cover, and private health insurance.