

Improving Mood: Increase Physical Activity

Moving Improves:

- Depression
- Anxiety
- Fatigue
- Self-esteem
- Ability to decrease stress and substance use

Positive effects on mood have been found with light AND moderate to vigorous activity. Physical activity sometimes depends on your mood-so do what you can!

Activity Types

Get moving! Start small if you need to - even 10 minutes can make a big difference! Work toward exercising 60 minutes each day. Do things you enjoy and can maintain. Here are some activity ideas:

Aerobic or endurance activities include biking, swimming, dancing, walking your dog, soccer, skateboarding.

Muscle Strength or resistance activities include body weight exercises like planks and push ups, pull ups, monkey bars.

Bone Strength activities include walking, jogging, running, climbing, jumping, jump roping.

What activities do you enjoy?

What could you start doing?

