Moderate physical activity reduces depression.

Adults who participate in steady-state moderate physical activity for 35 minutes on 4 days per week experience significantly reduced symptoms of depression. Improvements in mood also linger after cessation of activity!


Exercise Intensity

<table>
<thead>
<tr>
<th>Low Intensity</th>
<th>Can easily talk and sing without breathing hard</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate Intensity</td>
<td>Can comfortably talk, but can’t sing</td>
</tr>
<tr>
<td>Vigorous Intensity</td>
<td>Can only say a few words before gasping for breath</td>
</tr>
</tbody>
</table>

At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- **Dance** to your favorite songs
- Follow along with one of the videos on the Sweaty Betty website or try an audio-based workout on the Aaptiv app
- Take a **walk/jog** around your neighborhood *(Practice social distancing and wear a protective face covering when interacting with others outside your home)*

Physical Activity Resources

- Sweaty Betty (website)
- Aaptiv: #1 Audio Fitness (app)

Adults should strive for at least **150 minutes** of moderate to vigorous physical activity per week for optimal health benefits, including **2 days/week** of muscle strengthening activities!

To learn more about COVID-19, please visit the Centers for Disease Control and Prevention website at: [https://www.cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)