

Moving in-the-midst of COVID-19

Physical Activity For Depression



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!

<https://psycnet.apa.org/doiLanding?doi=10.1037%2Fhea0000836>

Exercise Intensity

Low Intensity

Can easily talk and sing
without breathing hard

Moderate Intensity

Can comfortably talk, but
can't sing

Vigorous Intensity

Can only say a few words
before gasping for breath

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!

