



Affiliated Psychological Services

7293 Dumosa Ave. #8. Yucca Valley, CA. (760)369-7166

Fax (760)369-7167

6274 Adobe Rd. 29 Palms, CA. 92277. (760)367-3290

Fax (760)367-4867

website: affiliatedps.com

EXERCISE HANDOUT

You have been diagnosed with depression or anxiety. There are some things you can do for yourself, when you are able, to feel better. One of them is exercise. We know that regular exercise releases Serotonin into your nervous system. That is the main ingredient in the most popular form of anti-depressant and anti-anxiety medication. Regular exercise is one of the best things you can do for yourself to improve your mood, feelings of coping, and physical health. So, talk to your medical doctor if there is any reason for concern before beginning an exercise program. Otherwise, three times a week is typically a good frequency to start with. There are two types of exercise, aerobic and anaerobic. Aerobic is probably more immediately slimming and effective for many people. The idea behind aerobic exercise is to do something continuously, without stopping, for at least 15 minutes at a time. It should be something that uses up some oxygen, so that if you were to converse with someone while doing it, that person could tell you are winded, but it should not stress you too much, so that you couldn't converse at all while you are doing it. Although the older literature used to say that it was important to get your heart rate up to a target zone, we now know that even milder exercise has many of the same benefits. It is more important that you find something you will enjoy and do rather than that it reaches a peak level of intensity. Many clients have found that a simple exercise machine at home (so that you can do it in all weather) along with listening to music and/or watching a favorite TV show makes the time pass nicely. Or, there are usually classes around in Yoga, Tai Chi, etc., which afford not only exercise but a chance for getting out of the house and socializing.