

Name: _____

Date: _____

MANAGING DEPRESSION WITH EXERCISE

A regular exercise routine can help you manage depression in a number of ways. When you exercise your brain releases positive chemicals that boost your mood. Regular exercise also helps you to feel more confident, and can give you more energy to make positive changes in your life. Start small with 10-15 minutes of exercise per day, and increase by 5 minutes each week.

Check the types of exercises you prefer below:

- ☐ Go for a walk
- ☐ Ride your bike
- ☐ Yoga/Pilates
- ☐ Walk your dog
- ☐ Swim
- ☐ Jog/Run
- ☐ Pushups/Situps
- ☐ Workout app at home
- ☐ Jump Rope
- ☐ Sports

- ☐ Fencing
- ☐ Tennis/Badminton
- ☐ Karate/Tae Kwon Do
- ☐ Skateboarding
- ☐ Weight lifting
- ☐ Dance
- ☐ Skating
- ☐ Hiking
- ☐ Going to the gym
- ☐ Rock climbing gym

- ☐ Gymnastics/Parkour
- ☐ Frisbee/Frisbee golf
- ☐ Boxing/Kickboxing
- ☐ Skiing/Snowboarding
- ☐ Jumping Jacks/Burpees
- ☐ Take a group exercise class
- ☐ Use a treadmill, elliptical, rowing machine, or some other cardio machine

- ☐ Planks/Wall sits or other body weight exercises
- ☐ Exercise with a friend or family member
- ☐ Other:
- ☐ Other:

What is your least favorite type of exercise?

What is your favorite type of exercise?

Choose two of these exercises you would like to do over the next week.

Which days and which time of the day are you willing to do one of your chosen exercise activities?

How much time will you spend doing each activity? (10, 15, 20, 30 minutes)
