



GET ACTIVE
Gold Coast

BEING ACTIVE WITH A HEALTH CONCERN: *depression*



ALWAYS plan your physical activity program under the supervision of your doctor or health care professional. Your health care professional can help select and monitor the most suitable activities for you!

There is good evidence that physical activity is helpful for depression in adults. As it is not yet known which kind of activity is best, choose activities you like, so that it will be easier to achieve the recommended 30 minutes of moderate intensity activity on most or all days of the week.

Regular participation in physical activity improves short and long term wellbeing by:

- improving sleep patterns
- changing levels of chemicals in the brain, such as serotonin endorphins or stress hormones
- interrupting negative thoughts that make depression worse
- increasing perceived coping ability by learning a new skill
- overcoming fatigue
- socialising with others, if the exercise is done in a group.

STAY ACTIVE:

The benefits from being active may be lost, if physical activity is stopped.

You do not have to do 30 minutes of activity all in one go! Activity can be broken into snack-size pieces (10 minute intervals): a SNACKTIVITY. Start to increase your physical activity by doing everyday activities, like walking to the letter-box or shops, or doing some gardening or housework.

When you start an activity, it may not be as enjoyable as usual, but this will improve with time.

For further information talk to your health professional or contact:

Beyond Blue

Phone: 1300 224 636

Web: www.beyondblue.org.au



www.getactivegoldcoast.com.au

Get up, get out... get active!