



ELITE

Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

5/15 - Exercise Helps Manage Mental Health

Introduction

We've all been through a lot in the last few years. One issue that continues to make headlines is our fragile mental health. Consider the effects of COVID-19 and all that came with it – vaccinations, quarantining, working from home, disrupted schedules, lack of social interaction, serious illness, and worst of all for those who experienced it – the loss of a loved one.



May is Mental Health Awareness Month. This is a good time to reflect on some sobering news. According to the National Institute of Health, one in five Americans lives with a mental health condition. Worldwide, one in every eight people (970 million people) live with a mental disorder. Poor mental health costs the world economy approximately \$2.5 trillion each year, a cost projected to rise to \$6 trillion by 2030.

Exercise and mental health

- Physical activity is known to help improve mental health. Yet despite the evidence, it has not been widely adopted as a first-choice treatment. That needs to change. University of South Australia researchers are calling for exercise to be a mainstay approach for managing depression as a new study shows that physical activity is 1.5 times more effective than counseling or the leading medications. The study is the first to evaluate the effects of all types of physical activity on depression, anxiety, and psychological distress in all adult populations.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

- Published in the British Journal of Sports Medicine, the review is the most comprehensive to date, encompassing 97 reviews, 1039 trials and 128,119 participants. It shows that physical activity is extremely beneficial for improving symptoms of depression, anxiety, and stress.
- Specifically, the review showed that exercise interventions that started 12 weeks or shorter were most effective at reducing mental health symptoms, highlighting the speed at which physical activity can make a change. The largest benefits were seen among people with depression, pregnant and postpartum women, healthy individuals, and people diagnosed with HIV or kidney disease.
- Higher intensity exercise had greater improvements for depression and anxiety, while longer durations had smaller effects when compared to short and mid-duration bursts. All types of physical activity and exercise were beneficial, including walking, resistance training, Pilates, and yoga. Importantly, the research showed that it doesn't take much exercise to make a positive change to your mental health.



If you have been struggling with mental health issues, like depression or anxiety, exercise can help lighten your spirits and boost your mood. Progress will be even better when you follow a nutritious diet. The trainers at Elite are capable and caring. We provide expertise in diet and exercise. Want to feel better and look better? Give us a call.



References

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Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews. British Journal of Sports Medicine, 2023; bjsports-2022-106195 DOI: [10.1136/bjsports-2022-106195](https://doi.org/10.1136/bjsports-2022-106195)

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