Being active is important for your Depression

What good things could being more active do for you?

- Improves sleep
- Improves self confidence
- Improves mood
- Reduces social isolation
- Less fatigue
- Improves cognition
- Improves motivation
- Moderates appetite
- Reduces need for medication in mild depression
- Reduces stress levels and agitation
- Reduces sickness absence

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Reduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type 2 Diabetes</td>
<td>-50%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>-50%</td>
</tr>
<tr>
<td>Coronary Heart Disease</td>
<td>-40%</td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>-35%</td>
</tr>
<tr>
<td>Stroke</td>
<td>-30%</td>
</tr>
<tr>
<td>Cancer (Breast, Colon, others)</td>
<td>-25%</td>
</tr>
<tr>
<td>Joint and Back Pain</td>
<td>-25%</td>
</tr>
<tr>
<td>Dementia</td>
<td>-21%</td>
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<tr>
<td>Falls</td>
<td>-21%</td>
</tr>
<tr>
<td>Obesity</td>
<td>-10%</td>
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</tbody>
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How can being active reduce the risks?

- Improves daily routine
- Better sleep
- Less fatigue
- Improves motivation
- Increased social interaction
Follow these Top Tips to keep you active:

1. Start with small 10 minute bursts
2. Be more active on your better days
3. Every little bit helps.
4. Progress by increasing duration (length of time) first then intensity (the amount of exertion you feel), and if possible frequency of activity.
5. If new to activity start gently and build up gradually.
6. Incorporate activity into things you do in your daily routine.
7. Do activities you enjoy.
8. Doing activity with someone can help you to keep motivated.
9. Activity can be done in any environment, you do not need a gym.
10. Accept that relapse is ok and it is ok to start again.

Build activity into everyday life:

- Exercise class
- Yoga/pilates/tai chi
- Swimming or aqua class
- Games and dance
- Throwing ball in the park
- At play
- Walking up stairs
- Carrying the shopping home
- Stand during advert break
- Housework
- Gardening
- At home
- Cycling
- Public transport
- Travelling
- Walking
- Walking up stairs
- Walking meeting
- Standing to talk on telephone
- Standing at your desk
- At work