



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Use exercise as part of your routine to help lift your mood. If you are feeling a bit low, go for a walk or cycle, get some fresh air and embrace the fact you can do these things. Enjoy it and help yourself feel better.



Don't miss David's tips every Saturday in your Journal

REGULAR physical activity lasting 45 minutes, three to five times a week, can reduce poor mental health.

A US study, in which 1.2 million people reported their activity levels for a month and rated their mental well being, showed that those who exercised had fewer bad days than those who didn't.

All types of activity were found to improve mental health no matter people's age or gender, including doing the housework and looking after the children, however, team sports, cycling and aerobics had the greatest positive impact.

Adults taking part in the study said they experienced on average half the number of bad days.

Among people who had been diagnosed previously with depression, exercise appeared to have a larger effect, resulting in seven days of poor mental health a month compared with nearly 11 days for those who did no exercise.

Being active for 30 to 60 minutes every second day came out as the optimal routine.

It also showed doing exercise more than 23 times a month, or exercising for longer than 90-minute sessions is associated with worse mental health. This was probably due to fatigue associated with over-training.

The positive impact of team sports suggested that social sports and activities could reduce isolation and be good for resilience, while also reducing depression.

With more than 20 years of training individuals, groups and teams, I have seen firsthand the dramatic feel-good factor exercise can have.

The high of exercising and the positive impact on clients' moods and self-confidence is apparent on a daily basis.

My job is not just about helping clients' physically, it's about looking at their lifestyle and what makes them tick, this way I can tap into their mental wellbeing too.

Poor mental health and depression is more common than you think - why not help yourself by starting some sort of exercise programme, join a group training session or team and start eliminating those down days.



FITNESS TIP

A study in 2017 by an Australian research team found that 12% of cases of depression could be prevented if participants took part in just one hour of physical activity each week. This shows even small amounts of physical activity can make a huge difference.

Movement is a medicine for creating change in a person's physical, emotional and mental states

Motivational quote of the day