



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Exercise is as important for your mental health as it is for your physical health. Therefore make exercise an absolute priority in your weekly schedule.

FITNESS TIP

Research shows group exercise, rather than training alone, has the biggest positive impact on your mental health. Until you try it, you will never know how good you could feel.

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

AN estimated one in seven people in England are taking anti-depressants with more than 20 million prescribed in just three months between October and December 2020 – a 6% increase compared with the same three months in 2019.

According to new advice, people in England with mild depression should first be offered behavioural therapy or group exercise instead of medication.

The clinical watchdog also recommends mindfulness and meditation as possible alternatives to anti-depressants in new guidelines under consultation.

Doctors have also been called upon to involve patients in conversations about what would suit them best and say group cognitive behavioural therapy (CBT) could be offered as a first treatment.

CBT focuses on how thoughts, beliefs, attitudes, feelings and

behaviour interact, sets goals and teaches better coping skills.

Doctors have such a short space of time to spend with patients, it's difficult not to offer immediate help through medication.

However, with mental health waiting lists at an all time high, exercise and other forms of therapy could have an immediate positive impact on many.

I have written numerous articles of the monstrous positive impact exercise and particularly, exercising in a group can have on your mental health.

The feelgood factor, endorphin rush, building of self-esteem and social interaction can be life changing and I see this on a regular basis with all our indoor and outdoor group sessions.

It's incredibly rewarding to see the impact our training, outlook and individual approach can have on clients' lives and it is certainly

a real driving force for all our trainers.

This is why I believe this latest offering will work for many people and, until you try it, you will never know how good you could feel.

The study also approached the issues of coming off medication.

The guidelines also says medics should discuss what happens if people want to stop taking anti-depressants, including that withdrawal may take weeks or months to complete successfully.

It's crucial anyone who chooses to stop medication can do so safely, gradually, and ideally in collaboration with their GP, pharmacist, psychiatrist, or another health professional they trust.

I spend more time than ever helping clients with their mental health and they, like myself, know how absolutely crucial physical exercise is to their overall health and wellbeing.



> Exercise is proven to make a positive impact on your mental health

It doesn't get easier – you just get stronger

Motivational quote of the day