



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Consistency in your training and life will promote results and boosts self-confidence. Commit to a training regime and make it part of your life.

### FITNESS TIP

Exercise can also promote healthy habits and behaviours, such as good sleep patterns and a healthy diet. Even a small amount of exercise each day, eg. a walk, is effective for managing depression.

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

**D**EPRESSION is a common mental health condition that affects millions of people around the world. While there are a variety of treatment options available, including medication and therapy, exercise is becoming increasingly recognised as an effective alternative to medication for managing depression.

#### Improved mood

One of the biggest benefits is its ability to improve mood. Exercise has been shown to increase levels of endorphins, the feel-good chemicals in the brain, which can help to improve mood and reduce feelings of sadness and anxiety. This improvement in mood can be especially important for those with depression who may struggle with low motivation and a lack of energy.

#### Self-esteem

In addition to improving mood, exercise can also boost self-esteem and body image. For many people with depression, negative thoughts and feelings about their body and self-worth can be a significant contributor. By improving fitness levels

and physical appearance, exercise can help to boost self-esteem and improve body image, which can in turn help to reduce symptoms of depression.

#### Structure and routine

Exercise provides structure and routine to the day. For many people with depression, the lack of motivation and energy can make it difficult to find purpose and direction in life. Exercise can help to give a sense of purpose and structure helping to improve overall mental health.

#### Habits

Exercise can also promote healthy habits and behaviours, such as good sleep patterns and a healthy diet, which can help to manage depression. An unhealthy diet can exacerbate symptoms and make it more dif-

ficult to manage the condition. By promoting healthy habits and behaviours, exercise can help to improve your overall health and wellbeing, which can in turn help to reduce symptoms of depression.

#### Zero side effects

Exercise has no negative side effects, unlike many medications for depression. Common medication side effects can include weight gain and sleep disturbances, which can make it difficult for people to continue taking the medication. Even a small amount of exercise each day, eg. a walk, is effective for managing depression.

Finally, exercise provides a holistic approach to managing depression, addressing both your physical and mental health. For many people medication can only deal with the mental health aspect, leaving physical health and overall wellbeing unaddressed. By incorporating exercise into your plan, people with depression can take a new approach to their health, improving both their mental and physical wellbeing, the benefits can be significant and long-lasting.

*I want to see what happens when I don't give up*

**Motivational quote of the day**



➤ Even just a walk every day is effective in combating depression