



# **Exercise strategies that can change your mood and improve your health at anytime**

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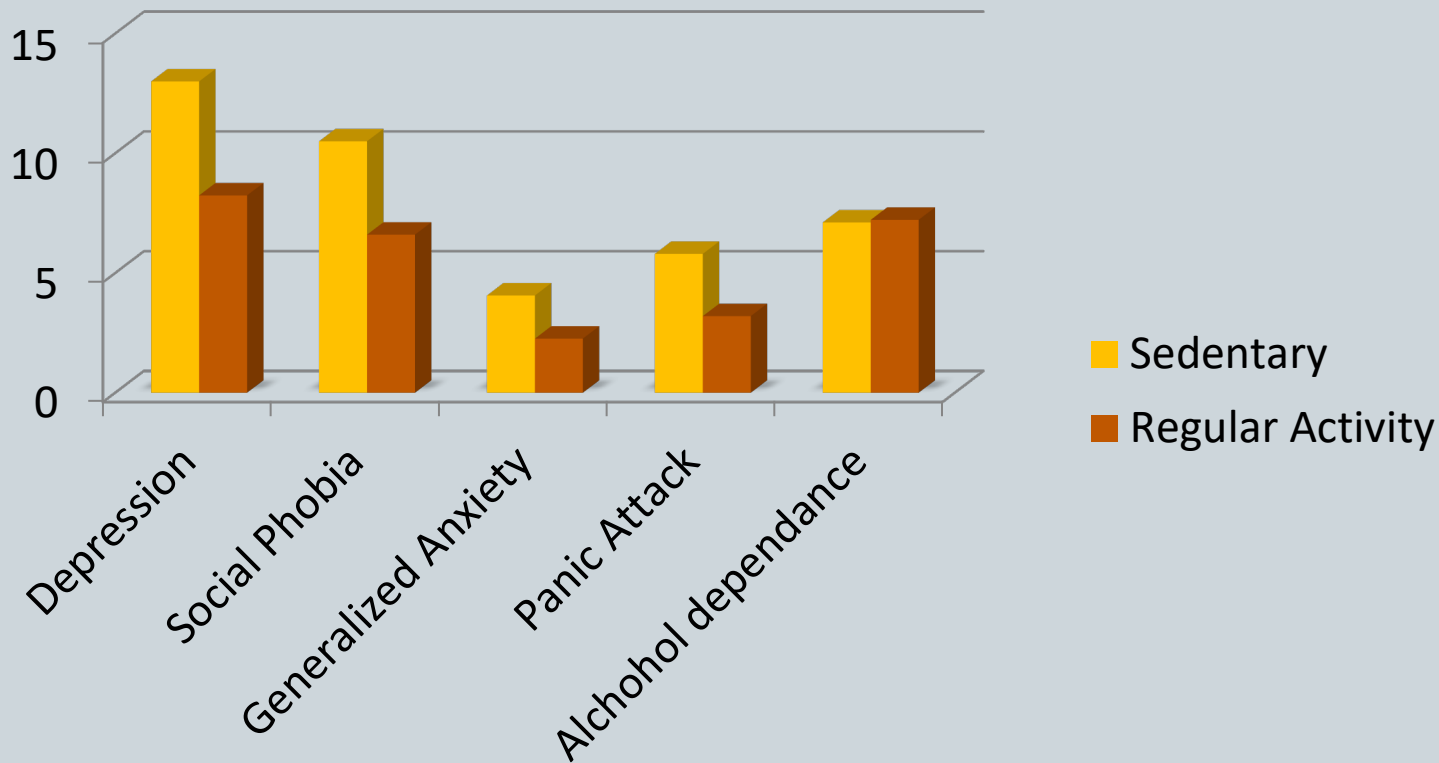
# US Physical Activity Guidelines - 2018

- **Adults:** 150 to 300 minutes a week of moderate-intensity
  - Walking at a brisk pace
  - More is Better
  - Challenging during social isolation
- Less consensus, but growing evidence for reducing time spent sedentary
  - when not achieving higher doses of activity
- Consensus Statement on Mental Health

# Consensus Statement on Mental Health

- Strong evidence demonstrates
  - **acute bouts** of exercise can reduce state anxiety
  - regular participation in longer durations of moderate-to-vigorous physical activity can
    - reduce trait anxiety
    - reduces the risk of experiencing depression

# US Physical Activity and Mental Health



# Consensus Statement on Mental Health

- Moderate evidence that
  - depressive symptoms can be reduced **by even limited volumes and intensities** of physical activity
  - greater frequencies and volumes of activity have a larger effect on reducing depressive symptoms

# Is all Activity the Same?

- How we feel about activity impacts how we feel after activity

# Risk of Postpartum Depression

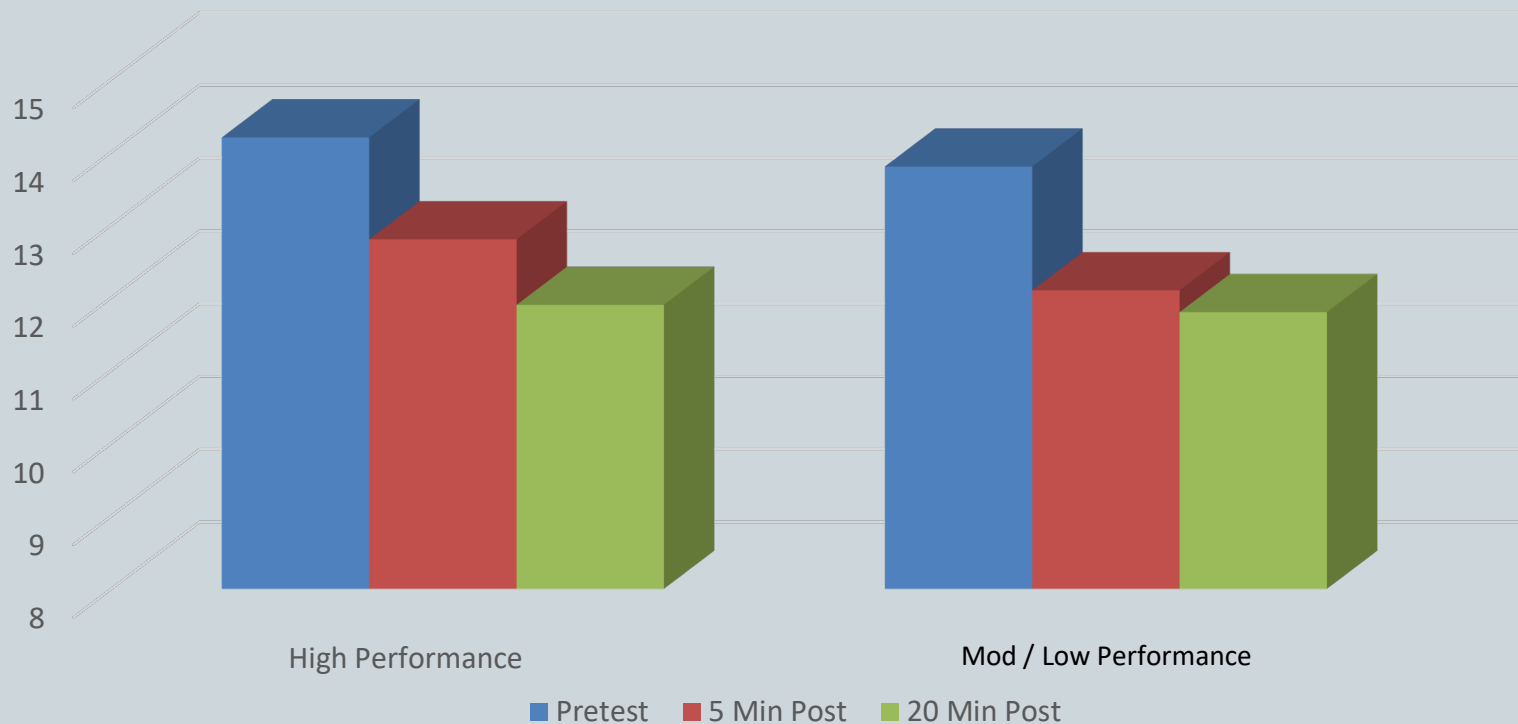
- Work Activity = significant increase in risk
- Adult and Child Care = double the risk
- Indoor Household Work = double the risk
- Outdoor Household Work = no benefit or risk
- Recreational Activity = significantly reduced benefit

# Social Isolation Leads to Acute Bouts of Activity Throughout the Day

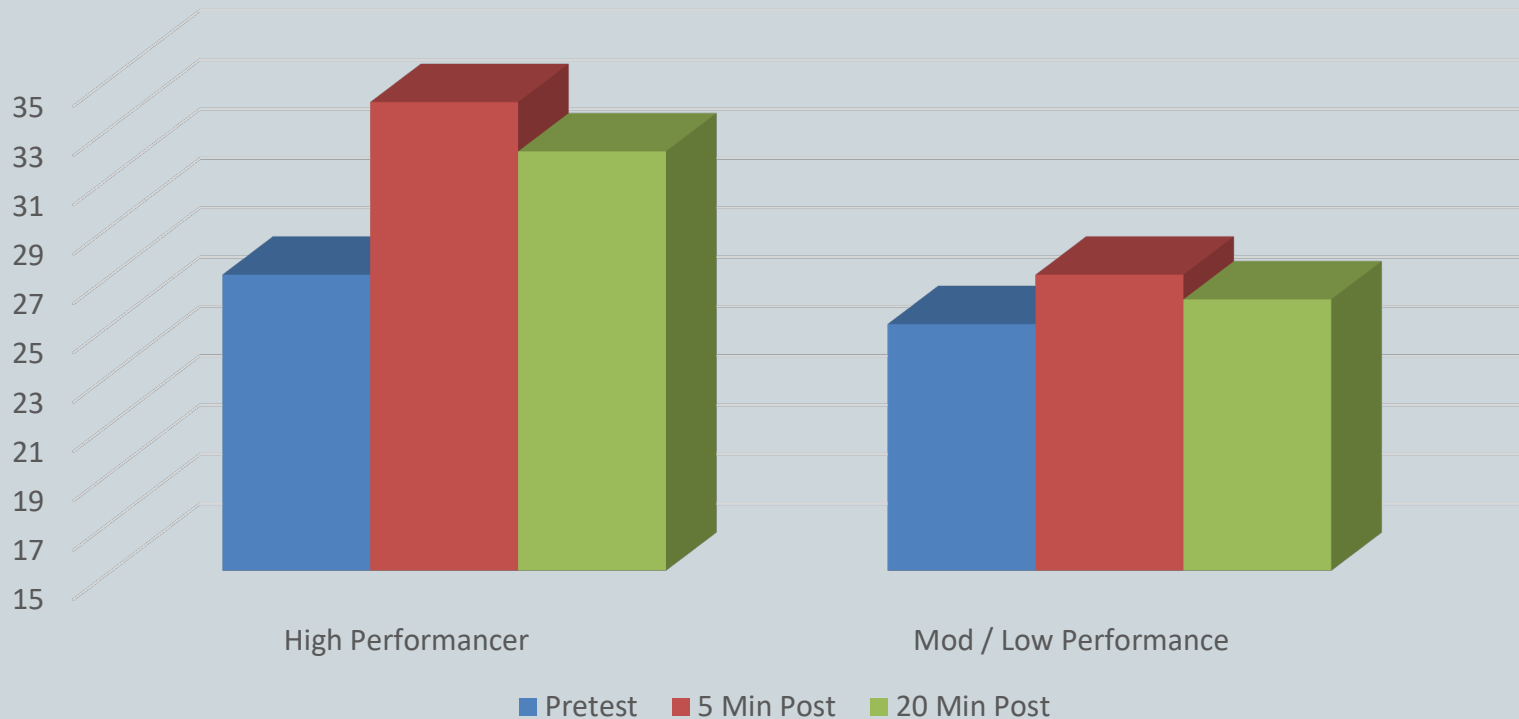
- Acute – individual - bouts of activity help to improve our mood regardless of training status
  - Effect occurs **each time we are active**
  - The benefit appears to depend upon how we feel about the exercise



## Negative Affect Pre and Post an Aerobic Dance Class



## Positive Affect Pre and Post Aerobics Dance Class



# Take Home Thoughts

- Mental Health is improved with **regular exercise training**
  - **Anything you do helps** but more is better
- Each time you are active it reduces stress and anxiety
  - **All forms** of activity will take the edge off a negative mood
- Only movement that you feel good about will help you feel energized and happy

# How do we achieve this during social distancing?

- Anything helps
  - Lots of free workout videos on youtube or similar
    - new styles of exercise give a sense of accomplishment
  - Walk around your room; up stairs;
- Do a lot of little activities
  - Set timer for 45 min
  - Get up and move during every commercial
- Tracking gives a sense of accomplishment
  - Use your phone tracking for steps

# Questions?

