

A Workout a Day Keeps Depression Away

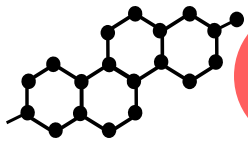


3.2 million adolescents in the United States have suffered from at least one major depressive episode.¹



However, exercise CAN help!

Exercise has been proven to improve depressive symptoms and reduce the risk of future onset of depression.



1

Exercise Decreases Levels of Stress Hormones

Following an 8 week physical activity program consisting of 50-minute jogging sessions, decreased levels of stress hormones, such as cortisol and epinephrine, were reported.²



2

Exercise Improves Depressive Symptoms

Exercise can significantly alleviate depressive symptoms, including feeling sad and hopeless.²



3

Exercise is Less Stigmatized than Traditional Treatment Options

One common barrier to seeking out depressive treatment is the fear of not being or feeling normal. However, exercise is a common practice and does not have deterring side effects, making it a beneficial treatment option.³

Article and design by: Hannah Voss
Edited by: Molly Kracht

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