

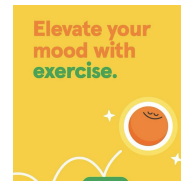
**LIFESTYLE MEDICINE TIP OF THE MONTH - July 2022**



**EXERCISE TO TREAT DEPRESSION**



-A single bout of exercise can elevate the mood.



-Physical activity is associated with decreased symptoms of depression

-Those who exercise regularly are less likely to suffer from major depression.



-Exercise and training programs may be considered an alternative to antidepressants for treating depression in older adults.



-Exercise is a powerful and valuable intervention for major depression treatment.

