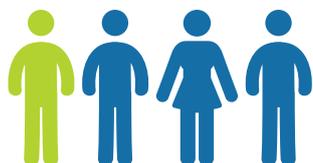


Exercise your way to better mental health!



Did you know?



1 in 4

people will experience anxiety at some stage in their life



40%

of Australians will experience a mental health condition in their lifetime



1 in 12

expectant and new mums and dads experience perinatal depression and anxiety

Evidence suggests that regular exercise can significantly improve symptoms of depression and anxiety. Stay active with these 5 simple steps:



Explore your neighbourhood

A great way to introduce exercise into your life is to explore your local area. Find out where the best walking paths and nature walks are by contacting your local government council.



Make it snappy

One of the best things about walking is that it doesn't need to be rigorous or time consuming. A brisk 10 minute walk is a great way to help with symptoms of depression and is easy to fit into your busy schedule.



Bring a friend

Exercising with a friend can help motivate you to keep up your fitness routine. Whether it's setting a regular time to meet a friend at the gym, joining a team sport or turning a coffee catch up into a walk around the park, it's more fun when you have someone to talk to!



Make it part of your day

Working exercise into your day is an easy way to keep fit. Catch the bus, walk to work or take the stairs instead of a lift. Instead of parking as close as possible, try parking further away from your destination. It all adds up!



Keep it fun

By finding an exercise that you like, exercise won't feel like a chore. If you enjoy nature, go for regular walks. If you like to meet new people, join a community sports team. If you like to try new things, try belly dancing, hula hooping or a Zumba class!