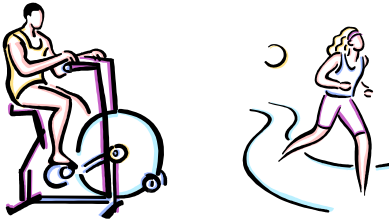


## EXERCISE TO BEAT THE BLUES.



It is the season of bone chilling temperatures and dark cloudy days. But this does not mean that you need to feel cold and dark on the inside. Yes, winter is a time that can make anyone feel down, lazy or just plain unmotivated. If these symptoms are severe or unrelenting, the first step is to talk to your doctor about them. It is possible you are suffering from seasonal affective disorder or another form of depression that may need formal treatment. In addition to talking with a professional about your feelings, there may be another way to help yourself feel better mentally on a daily basis-**E-X-E-R-C-I-S-E**.

According to Daniel M. Landers at Arizona State University, a leading authority on this topic "We now have evidence to support the claim that exercise is related to positive mental health as indicated by relief in symptoms of depression and anxiety." The U.S. Surgeon General's Report also says that compared with inactive people, the physically active have higher scores for positive self-concept, more self-esteem and more positive "moods" and "affects." Some other benefits include:

- Provides a distraction from your worries
- Improves your health and body, which can help lift your mood
- Helps you get rid of built-up stress and frustration
- Helps you sleep better, which can often be a problem when you're depressed

You do not have to be a track star or football quarterback to reap the mental benefits of exercise. The best thing about exercise is that anyone can do it. Here are some ideas to get started:

**Just Do It:** The hardest part of exercising is not in the actual activity, but in getting yourself up to do it. Give yourself just a little motivation to get off the couch, and you will be pleasantly surprised with the result. Each time will become easier. The next time your mind fills up with a bunch of excuses for why you cannot exercise, block it; do not fall into the trap. You will thank yourself later.

**Make A Goal, Set a Time, and Stick to It.** For example, decided that you will dedicate 30 minutes a day to your favorite exercise. Decide upon the time that you will do the exercise, "I will take a relaxing jog each day after school" or "I will play basketball with a friend for one hour each night

after my homework is finished". It is important that you make exercise fit into your daily schedule because then you will be more likely to do it each day.

**Keep a Daily Log of Your Activity.** It is a good idea to log your activity. This way you can see firsthand what you have accomplished during the week and how you have improved over time. You could also jot down how you felt mentally after your workout. Then on a particularly lazy day, you can read your notes and remember how good you feel after you exercise- self-motivation at its best.

**Increase workout length and vary your activities.** Once you get used to fitting exercise into your daily life, you can think about switching up your exercise routine- For example, you can add weight-lifting to your daily run, or add sit-ups to your walking routine.

**Pass It On:** If you notice that exercising is making you feel better about yourself and increasing your motivation and mood level- Tell Others! There are many people who are drowning in the winter blues and do not know about the positive effects of exercise.

## AREA ACTIVITIES

### 1) Swimming

Family swimming.

**When:** 6-8 p.m. Saturdays, Monday, January 01, 2001 through Saturday, December 31, 2005

**Where:** [Robert A. Lee Rec. Center](#)

**Admission:** \$1.75 per family

**More information:** 319-356-5100

### 2) Roller Skating

Skates are provided.

**When:** 7-8 p.m. Saturdays (youths age 10 and older, and adults) Monday, August 20, 2001 through Saturday, December 31, 2005

**Where:** [Robert A. Lee Recreation Center](#)

**Admission:** Free

**More information:** 319-356-5100

### 3) Masters Swimming Group

Structured workouts with a coach, in the deep end of the pool. All levels are welcome.

**When:** 6-7:30 a.m. Mondays, Wednesdays and Fridays, Monday, August 20, 2001 through Saturday, December 31, 2005

**Where:** [Mercer Park Aquatic Center](#)

**Admission:** Call for information

**More information:** Brad 319-338-2001