

Tip Sheet: Start and Stick with a Regular Exercise Program

Exercising the equivalent of brisk walking for about 35 minutes, 4 to 6 days a week, can reduce depression symptoms and help you feel better and more like your old self.

Swimming, bike riding, and other regular activities that utilize the large muscle groups in continuous motion for 35 minutes are also good.

If you haven't exercised regularly in awhile, try building up to 35 minutes of brisk walking by starting with a shorter duration, such as 5, 10, or 15 minutes a day and gradually, over several weeks, building up to 35 minutes.

Graphic idea: Picture of a person walking, a person bicycling, and a person swimming.

Physical Activities I enjoy:

Put a checkmark by the activity you would like to do during the coming week.

My plan to build up to 35 minutes a day of exercise:

- Week 1: I will exercise for _____ minutes per day.
- Week 2: I will exercise for _____ minutes per day.
- Week 3: I will exercise for _____ minutes per day.
- Week 4: I will exercise for _____ minutes per day.
- Week 5: I will exercise for _____ minutes per day.
- Week 6: I will exercise for _____ minutes per day.