Exercise Tips

1. **Find an enjoyable activity.**
   Exercise doesn’t have to be boring. Choose a pleasurable activity, like playing badminton or doing yoga. Aim for fun, not more work.

2. **Start small.** Commit to 10 minutes of exercise a day or add exercise to your daily routine (like walking to school or doing push-ups in your room).

3. **Get outside.** The sun provides a mood “pick me up” of its own, producing serotonin in the brain. Take a walk outside or go swimming.

4. **Schedule it in.** It’s easy to skip exercise when we don’t plan. Put it in your phone as part of your daily to-do’s and celebrate when you check it off.

5. **Mix it up.** To avoid feeling bored with exercise, try a number of different activities.

6. **Team up.** Depression can be isolating. Ask others to do team activities or find an exercise buddy for accountability and to increase social interaction.

7. **Minimize equipment.**
   Equipment can be expensive. Identify activities that don’t require you to have equipment or facilities, like walking, running, or dancing.

8. **Follow your energy.** If your energy fluctuates throughout the day, try to plan to exercise when your energy is at its peak. Alternatively, exercise when feeling sluggish for an energy boost.

9. **Set goals.** Achieving goals improves mood and self-esteem. Set specific achievable exercise goals and reward yourself when you accomplish them.