

TJ Nelson: We know exercise releases BDNF, key growth hormone that literally reverses the damage that depression has on the brain. Exercise releases serotonin. We know that exercise needs to be purposeful or enjoyable for us to actually do it. What exercise do we do? Actually we know what the most important type of exercise is. It might surprise you but the best, most effective type of exercise that you can do is the one that you actually do. The exercise that you actually do is the most important type of exercise. Don't worry about trying to figure out if you've got to lift weights this day, run this day, swim this day, etc.

If that's what you love to do, do it. If that's what you're going to keep doing it, but don't overwhelm yourself if it's hard to get yourself to exercise. The only thing you need to focus on is finding the exercise that you're actually going to do. Remember, it only takes 30 minutes three times a week of exercise for an antidepressant effect. Now most people it takes about five, 10 minutes for a warm-up to get your heart rate up and then clean up and get ready for the day afterwards. It's best to schedule probably an hour three times a week.

Then you want to figure out what you're going to do. Look, if 30 minutes three times a week is too much, don't worry about it. Just do five minutes three times a week. Just do 10 minutes three times a week. Again, the most important type of exercise that you do is going to be the one that you actually do. When you're choosing your exercise don't worry about having to say, "I'm going to run 10 miles on a treadmill." Make sure it's something you enjoy. Make sure it's something you're actually going to do.

Let's say you're going to get a workout partner or say ask someone to go for a walk to the grocery instead of driving to the grocery store. If there's a certain spot you want to see, a certain waterfall, go for a hike. Go in nature. Do some hard yard work in the back yard for 30 or 40 minutes three times a week. Go swimming. Go play basketball. Play tennis. There's many different types of activities. The only thing you need to just make sure is that this aerobic activity is going to get your heart rate up. You want to sustain it for a certain amount of time.

All you have to do is find something you enjoy that's purposeful and is going to keep you going week in and week out. Some people, they might just want to go for a walk. Then other people, the purpose isn't that strong. Now scientific research they've shown that actually just having the purpose of overcoming depression as the goal has been enough to keep people motivated and keep people exercising week in and week out.

Schedule, block out three one-hour blocks of time in your week for every week. Do something you're going to enjoy. Get someone there with you. Have a purpose. If hiking to a waterfall's not enough, make your purpose beating

depression. Make your purpose beating depression, whatever you've got to do but just remember, all you want to do is make sure that you actually do it.