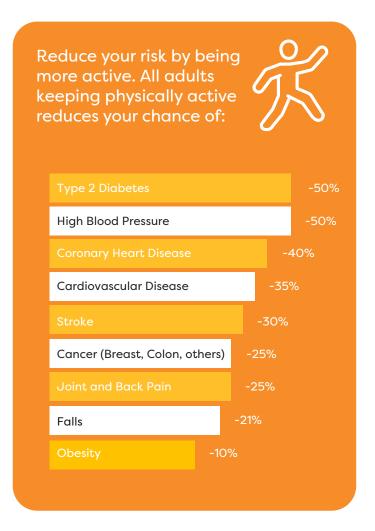


Being active is important for your **Depression**





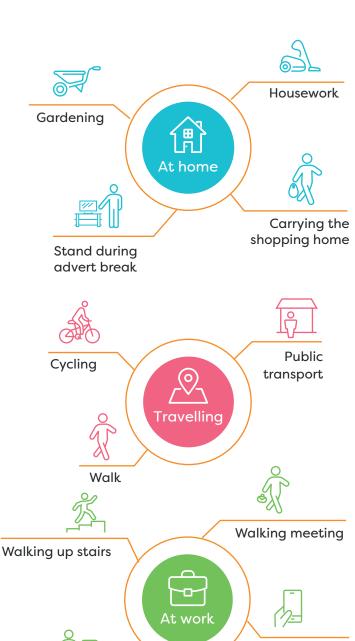


Follow these Top Tips to keep you active:

Build activity into everyday life:

- Start with small 10 minute bursts
- Be more active on your better days
- Every little bit helps.
- Progress by increasing duration (length of time) first then intensity (the amount of exertion you feel), and if possible frequency of activity.
- If new to activity start gently and build up gradually.
- Incorporate activity into things you do in your daily routine.
- 7 Do activities you enjoy.
- Doing activity with someone car help you to keep motivated.
- Activity can be done in any environment, you do not need a gym.
- Accept that relapse is ok and it is ok to start again.





Standing at your desk

Standing to talk on telephone