

MOODY TO MERRY

By Christina VanDeuson

Exercise Companion
for People
With Depression

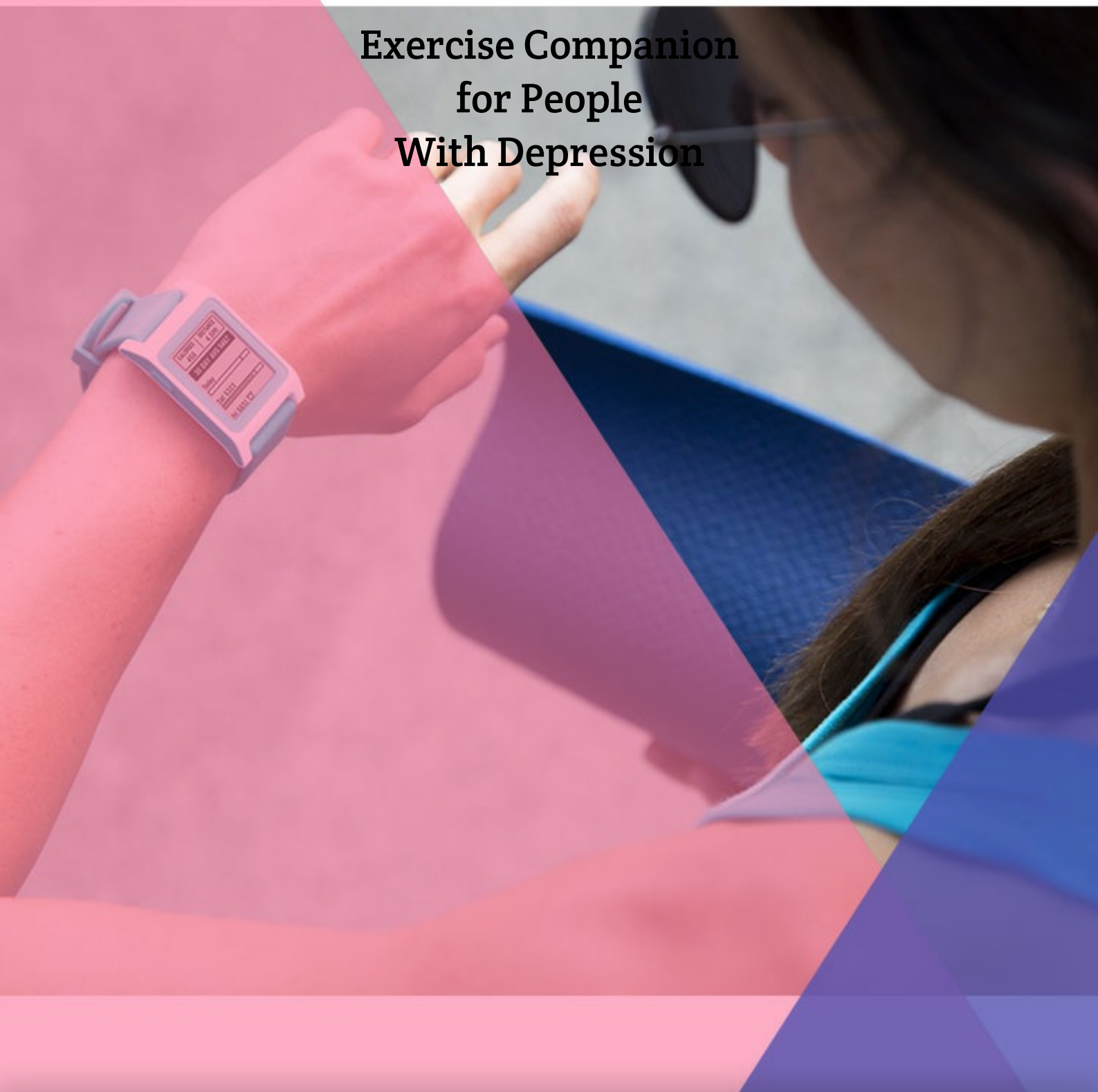


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Motivation

Having Depression and Anxiety is tough. Getting motivated for the day is even tougher. This companion Journal is here to help you maintain an exercise routine. The only way I can begin my day is directly from bed. So let's start there.



First and foremost, you will need to stretch. Stretching gets your body ready to move. Before you even get out of bed, lay flat on your back and point your toes. Slowly lift your arms above your head. Extend both your arms and feet away from each other. Wiggle your toes. Do what you can. Sit up slowly and extend your arms out in front of you. Pull them back like you are rowing a boat. Lift your legs, one at a time. Do these things once or as many times as you like until you are ready to stand up.

Ok, we're up. Now what? Make your bed. I do this every day. It's extra movement and it also makes me not as anxious knowing that it's done.

Now it's time for a walk or some light exercise of some kind. If you don't do it now, you won't do it at all. I know, I'm living it too.

If you have trouble getting out, just dance to some music, work out to a class on tv or see if you can get a friend to go with you. Do SOMETHING to get you moving!



LIST-MAKING

I recommend making lists as a nightly routine.

Making lists is an easy way to stay on track when you have trouble with accomplishing tasks. Writing this e-book was on my to-do list for today. If it had not been on my step by step list, it would not have been done.

I know it may seem absurd to have to write down everything that you need to do to function. For some it's overkill. Long list, short list, you decide what's best for you.

Note: The list to the right is a permanent list that I have next to my bed. Number 6 is the extra list that I make the night before for tasks not done on a daily basis. Like doctor's appointments, etc.

Here's an example list:

1. Stretch/Make the bed
2. Bathroom (wash face, get dressed)
3. Get out! (coffee, walk, see other humans)
4. Shower/Dress
5. Eat
6. Follow the extra list from the night before.
7. Work (Blog, e-book, day job)
8. Have dinner and hang with my hubby
9. Lay out fresh clothes
10. Make extra To-Do list/Bedtime

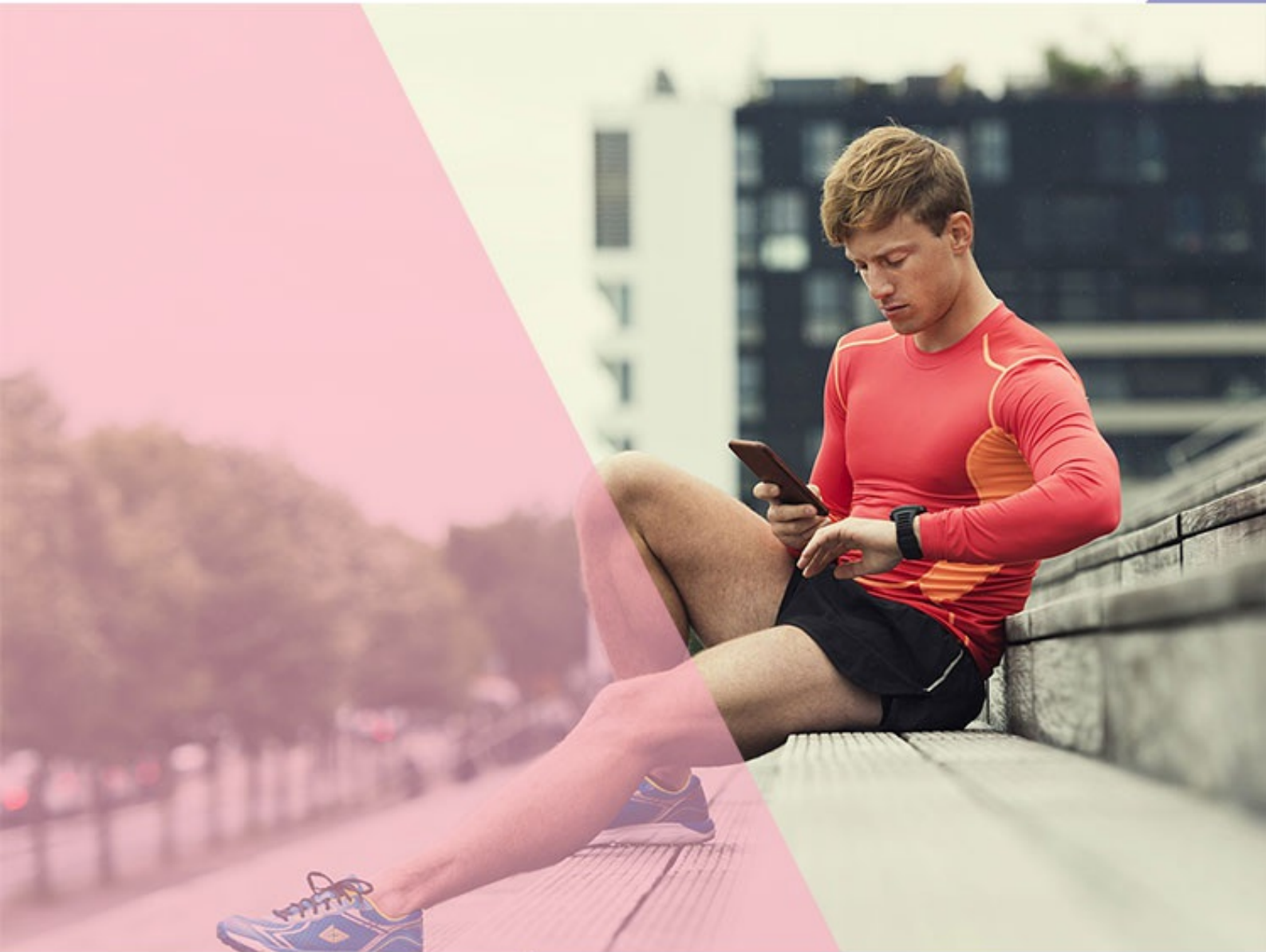
Exercise Sheet

Feel Free to scan/print this page for more sheets.

Exercise	Duration	Day	Calories Burned
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Approximate Calories Burned Per Exercise 1 Hour-By Weight

WEIGHT	WALKING 3MPH	WALKING 5MPH	DANCING	AEROBICS LOW	AEROBICS HIGH
150LBS	176	281	272	352	493
190LBS	216	345	354	431	604



Thank You

We Welcome Your Feedback
feel free to get in touch with us for any
feedback or questions