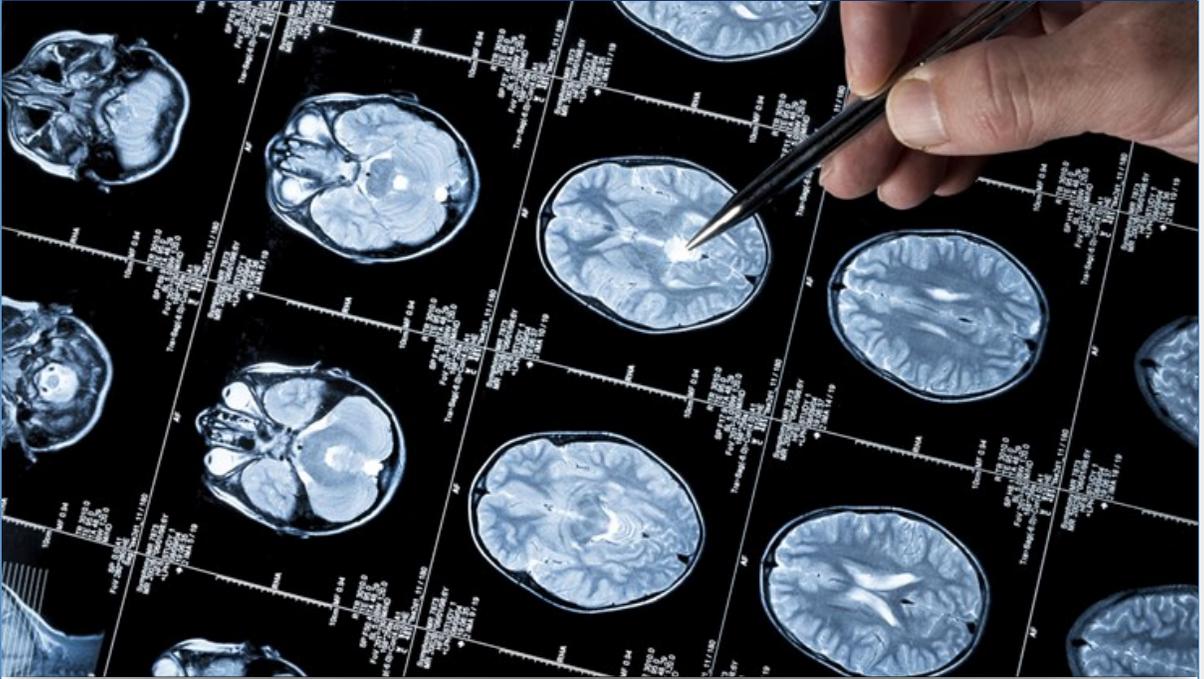


# Alzheimer's Disease Research Center (ADRC)



## Newsletter 7

The ADRC would like to share an article with you from the **The New York Times** that encourages people to start exercising during the Coronavirus outbreak! This article was written by **Gretchen Reynolds**.

## Feeling Down? Anxious? Hostile? A 4-Day-a-Week Exercise Regimen May Help A regular workout was shown to ease depression and lift moods

The New York Times recently published an article by Gretchen Reynolds describing a research study that found that exercise can lower levels of depression, hostility, and other negative feelings. In the middle of the Covid 19 pandemic, these findings may be worth considering.

The study, by researchers at Columbia University Medical Center in New York City and published in Health Psychology, looked at 119 healthy, but sedentary, adults in their 20s, 30s, and 40s. The study purpose was to determine if people in generally good mental health (no history of depression, anxiety or other mood disorders) could become even better adjusted and happier if they started to exercise.

Participants answered questions designed to measure their levels of depression, anxiety, hostility and anger. They were divided into 2 groups: a control group that continued their normal lives and an intervention group that began exercising 4 times a week at the lab for 3 months. The exercise group walked, jogged or rode a stationary bicycle for about 35 minutes at a pace that left them somewhat breathless (roughly 70- 80 percent of their maximum heart rate).

The groups answered the same questions at the end of the study period. Their baseline scores showed them to be well-adjusted and happy with low scores on anxiety. At the end of the study, the exercise group's scores were even better, particularly for depression and hostility, less so for anxiety and anger (the research team thought this may be because they had such low levels to begin with). Of particular interest, the differences appeared to be reasonably well maintained one month after the trial even though both groups were not exercising.

The take home message is to try to get some regular exercise during the pandemic. You can go for a walk, ride a bicycle (inside or outside), jog, or put on your favorite music and dance (while, of course, maintaining social distancing)! There are also on-line classes on yoga, strength training, or a range of other activities. The American College of Sports Medicine recommends exercising 30 minutes a day at least 5 days a week to equal 150 minutes a week.

For the full article from the NYT:

[https://www.nytimes.com/2020/04/08/well/move/coronavirus-exercise-depression-anxiety-mood.html?algo=identity&fallback=false&imp\\_id=34222255&imp\\_id=392439312&action=click&module=Science%20%20Technology&pgtype=Homepage](https://www.nytimes.com/2020/04/08/well/move/coronavirus-exercise-depression-anxiety-mood.html?algo=identity&fallback=false&imp_id=34222255&imp_id=392439312&action=click&module=Science%20%20Technology&pgtype=Homepage)

American College of Sports Medicine information:

<https://www.acsm.org/acsm-positions-policy>

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### **Some exercise suggestions include:**

Take a walk and enjoy nature

Go jogging

Ride a bicycle (on road, off road or stationary)

Dancing (put your favorite music on and dance)

On-line there are free -yoga classes, strength classes, circuit classes

The American College of Sports medicine recommends that you get at least 30 minutes of exercise on 5 days per week to total 150 minutes of exercise per week.

For more information you can contact:

The CDC website is an excellent source of reliable information:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Local Health Department Numbers can be found here

[https://www.cdc.gov/coronavirus/2019-ncov/downloads/Phone-Numbers\\_State-and-Local-Health-Departments.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/Phone-Numbers_State-and-Local-Health-Departments.pdf)

Thank for your interest in the Yale ADRC. For more information on our studies or to participate in studies please call or visit our website.

**203-764-8100**

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