



Anxiety: How Can Exercise Help?

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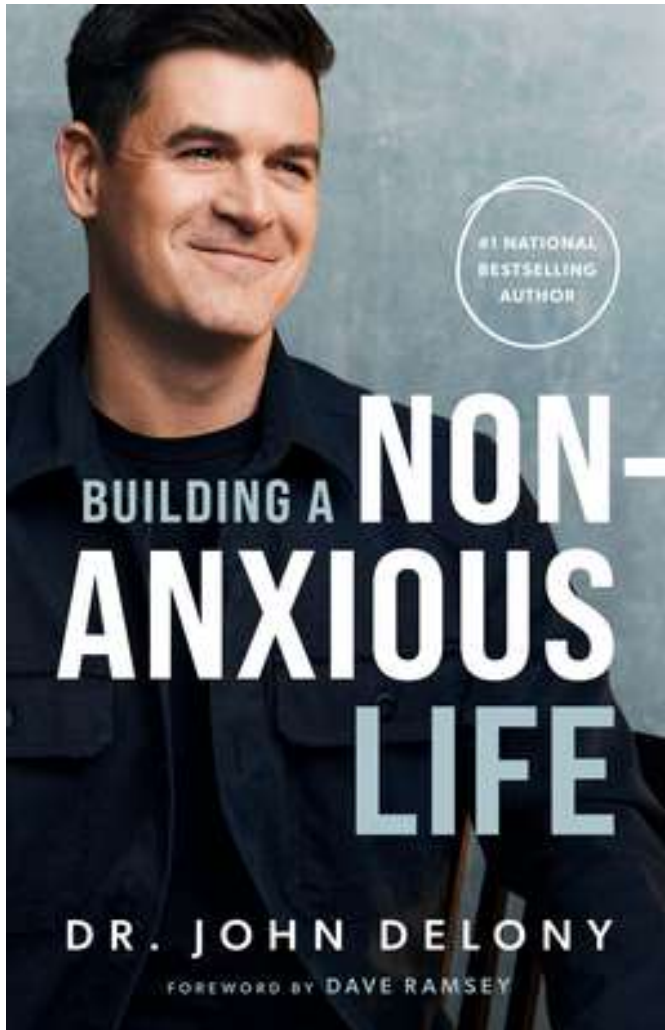
Anxiety Is A Common Concern For Many Canadian Seniors



**And It Can Limit How
Much We Think
We Can Do**



**Exercise Has Been
Found To A Great
Treatment Option!**



**“Anxiety Is Not A
Disease.
It's Just Your Body
Trying To Get Your
Attention.”**

DR. JOHN DELONY,
BUILDING A NON-ANXIOUS LIFE

Anxiety And Exercise



Negative Effects of Anxiety



Positive Effects Of Exercise



Exercise Guidelines

Negative Effects of Anxiety

- ▶ Can Feel Paralyzing!
- ▶ Negative Symptoms Can Include:
 - ▶ Fast Or Irregular Heartbeat
 - ▶ Headaches
 - ▶ Changes In Breathing
 - ▶ Upset Stomach
- ▶ Can Contribute To Various Other Conditions:
 - ▶ Depression
 - ▶ Diabetes
 - ▶ Heart Disease

Positive Effects Of Exercise

- ▶ One Of The Best (Nonmedical) Treatments Available!
- ▶ Releases "Feel Good" Hormones
- ▶ Increases Self-esteem And Self-efficacy
- ▶ Decreases Sympathetic ("Fight Or Flight") Nervous System Reactivity
- ▶ Improves Social Interactions
- ▶ Can Offer A Distraction
 - ▶ Takes You Out Of A Negative Spiral
 - ▶ Provides A Healthy Outlet For Negative Emotions
- ▶ Can Help Treat/Prevent Other Conditions
 - ▶ Heart Disease, Diabetes, Arthritis...



Why Does Exercise Help?

- ▶ One Theory:
 - ▶ Your Brain Gets Signals That Something Is Wrong
 - ▶ High Heart Rate, High Blood Pressure, High Stress Hormone Levels
 - ▶ Exercise Gives Your Brain A Reason For Those Signals
 - ▶ These Signals All Occur During Exercise

What Type Of Exercises Is Best?





- ▶ Meeting Current Physical Activity Guidelines Can Help To Reduce Anxiety
- ▶ 150 Minutes Of Moderate-Vigorous Physical Activity Per Week
 - ▶ Broken Up Into At Least 10 Min Sessions
- ▶ Strength Training At Least 2x/Week
- ▶ Some Evidence Suggests Higher Intensity Exercising Improves The Effects


Cristiane Cruz, CSEP-CEP, MPK

CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR ADULTS (AGED 65 YEARS OR OLDER)

For health benefits, adults aged 65 years or older should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

A healthy 24 hours includes:

PHYSICAL ACTIVITY	SLEEP	SEDENTARY BEHAVIOUR
<p>Performing a variety of types and intensities of physical activity, which includes:</p> <ul style="list-style-type: none"> ▶  Moderate to vigorous aerobic physical activities such that there is an accumulation of at least 150 minutes per week ▶ Muscle strengthening activities using major muscle groups at least twice a week ▶ Physical activities that challenge balance <p>▶  Several hours of tight physical activities, including standing</p>	<p>▶  Getting 7 to 8 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times</p>	<p>▶  Limiting sedentary time to 8 hours or less, which includes:</p> <ul style="list-style-type: none"> • No more than 3 hours of recreational screen time • Breaking up long periods of sitting as often as possible



Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.

  Progressing towards any of these targets will result in some health benefits.

Aerobic Exercises



Swimming



Biking

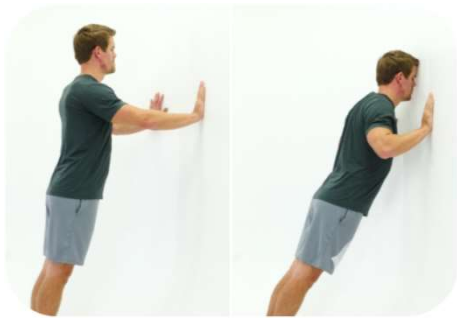


Dancing



Walking/Running

Strength Training



Body
Weight



Free
Weights



Bands



Machines



**Whichever Exercise You
Choose, Be Sure To Have Fun!**

Screening Tools

- ▶ Discuss Any Findings With Your Health Care Provider, As These Are Meant To Help Guide A Diagnosis From A Health Care Provider (Not A Self-diagnostic Tool)

CAMH SCREENING TOOLS

<https://www.camh.ca/en/professionals/treating-conditions-and-disorders/anxiety-disorders/anxiety---screening-and-assessment>

Any Questions?



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