

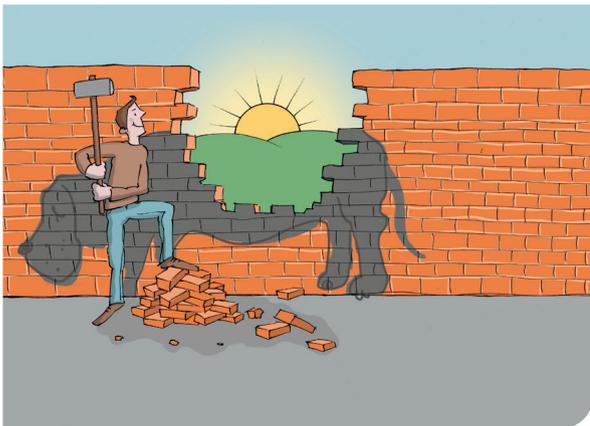
## About the Black Dog Institute

One in five Australians are affected by mental illness each year. Mental illness can be overwhelming, crippling and isolating.

The Black Dog Institute has a vision of a mentally healthier world. We bring together the strength of a medical research institute and a not-for profit organisation, dedicated to improving the lives of people affected by poor mental health.

We aim to significantly reduce the incidence of mental illness and suicide, remove stigma and empower all people to live the most mentally healthy life possible.

Founded in 2002, we are a world-leader in diagnosis, treatment and prevention of depression, bipolar disorder and suicide. We focus on the rapid translation of quality research into improved clinical practice, increased consumer accessibility and delivery of long-term public health solutions.



### Black Dog Institute

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# Exercise your mood

National awareness and fundraising campaign



**Make a real difference to the lives of those living with mental illness.**

Putting health in mind



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## The benefits of exercise

Exercise is an evidence-based treatment for depression. It has a large antidepressant effect on mild to moderate depression, and on major depressive disorder.

The benefits of exercise for your mental health also include:

- increasing endorphins and decreasing stress hormones
- improving sleep, fitness and energy levels
- distracting from worries and interrupting the 'inactivity cycle' of depression
- providing social support and reducing loneliness
- increasing a sense of control and self-esteem.

## Tips for exercising your mood

Exercise doesn't have to be extremely strenuous to provide a benefit. The National Physical Activity Guidelines for Australians recommend a minimum of 30 minutes of moderate intensity exercise on most, preferably all, days of the week.

You can achieve this by:

- doing something that gives you a noticeable increase in breathing and heart rate
- exercising for at least 10 minutes at a time
- combining short sessions of different activities to make up the daily total.

Set yourself a personal goal. If you feel daunted, start small. The key is to find something you feel good about doing.

# Exercise Your Mood campaign

## What is Exercise Your Mood?

Exercise Your Mood is the Black Dog Institute's national awareness and fundraising initiative.

The campaign is designed to encourage Australians to get active and address the importance of regular exercise for not only maintaining physical health, but good mental health too.

## When is it?

Black Dog Institute places a special focus on Exercise your mood as a fundraising campaign in September. However as this is an all year around message, we encourage you to host an exercise your mood event any time, day, month of the year that works for you!



## How can you get involved?

By giving your time, money or influence you can make a real difference to the lives of those living with mental illness.

Here are a few ideas to get your fundraising activities started:

- Join an existing event in your state – run, swim or pedal! For a national list of events visit [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au) > Fundraise now.
- Organise an event in your workplace, school or community – a pedometer challenge, mini Olympics or football game!



Create your fundraising page at  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)  
Click on the Fundraise now button

