

# DEPRESSION

**General notes for Depression** – Consider doing the exercises with a friend or family member. They will help keep you motivated and support you. Try to create a regular exercise routine. Go with exercises you enjoy, you could always try swimming, yoga, Pilates, or tai-chi. These will all help with relaxation and minimising stress.

EXERCISE	TIME/LEVEL	NOTES
<p><b>Warm Up:</b></p> <ul style="list-style-type: none"> <li>• March on Spot</li> <li>• Squat</li> <li>• Calf Raises</li> <li>• Jog on Spot</li> <li>• Squat</li> <li>• Calf Raises</li> <li>• Jog on Spot</li> </ul>	<p>30 seconds each exercise. Repeat twice.</p>	<p>The warm-up should be gradual and slowly increase the intensity throughout. At the end you want to the whole body to feel warm, so you are ready to exercise.</p>
<p><b>Main Section:</b></p> <p><b>Circuit One:</b></p> <ul style="list-style-type: none"> <li>• Press Ups</li> <li>• Star Jumps</li> <li>• Sit Ups</li> <li>• Wall Sit</li> <li>• Speed Ball</li> <li>• Mountain Climbers</li> <li>• Squats</li> <li>• Flutter Kicks</li> </ul>	<p>30 seconds on each exercise, 15 seconds rest in between exercise.</p> <p>Repeat each circuit twice.</p> <p>2 minutes rest between moving onto circuit 2.</p>	<p><b>Press Ups</b> – Various options, full press up, box press up on knees or wall press up.</p> <p><b>Star Jumps</b> – Jump the feet from neutral to each side, at the same time, raise the arms from the side to over the head, and repeat.</p> <p><b>Sit Ups</b> – Sit on the floor, flex the knee, and place hands on the thighs, slide the hands towards the knees, lifting the shoulders off the ground and then lower back to the floor slowly.</p>



### Circuit Two:

- Run on Spot
- Forward Punches
- Lunges
- Plank
- Arm Circles
- Side Shuffles
- Trunk Twists
- Burpees

**Wall Sit** – Place your back against a wall, lower your legs so you create a 90-degree angle from heel to hips. Hold this position for 30 seconds.

**Speedball** – Hands going over each other in a circular motion, as quick as possible.

**Mountain Climbers** – Place the hands-on floor into press up position, bring one knee towards the chest and then alternate legs to create more speed. Can do it against a wall if needed.

**Squat** – Stand with your shoulders back and feet hip width apart. Squat down as far as you feel comfortable with and as you come back to standing.

**Flutter Kicks** – Lay on your back on the floor, kick your feet up and down off the floor, a few centimetres from the floor.

**Run on Spot** – Light touches with the ball of the feet, jog on the spot.

**Forward Punches** – One hand punching out at a time in line with your shoulders.

**Lunges** – Keep your upper body straight, with your shoulders back, (pick a point to focus on in front of you so you do not keep looking down). Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Bring the legs back together and go again on the other side.

**Plank** – Place your elbows and forearms on the floor along with the toes, ensure your whole body creates a straight line and hold this position. To modify, place knees on the floor.



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**Cool Down:**

- Quadricep Stretch
- Hamstring Stretch
- Torso Twist
- Chest Stretch
- Shoulder Stretch

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**Hold all stretches for a minimum of 20 seconds on each side.**

**These stretches should be done lightly and not to the point of over stretching/causing discomfort.**

**Arm Circles** – Place the arms out to the side in line with the shoulders, create small circular motions.

**Side Shuffles** – Side-step the feet and then make this move quicker by shuffling the feet, to make harder, touch the floor each side.

**Trunk Twists** – Sit down on the floor with knees up, lean back slightly and rotate the core side to side so the elbows are going towards the floor.

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**Quadricep Stretch** - Stand up, lift your right foot, and grasp it with your right hand. If this is too much you can hold the lower leg or shoe. Pull the foot toward your butt, hold, and repeat with the left foot.

**Hamstring Stretch** – Take a big step forward, make sure the leg at the front has a slight bend and the back leg is straight. You should feel this stretch in the hamstring of the back leg, if you can't feel it, bend the front leg slightly more.

**Torso Twist** – Start with your hands down by your side and keep your head facing forward throughout the move. Swing your arms from side to side and wrap them around the hips. The aim here is to remove any tension that may be in the back.

**Chest Stretch** – Place the palm of your hands on to the base of your back then look up, chest out and squeeze the shoulders blades together.

**Shoulder Stretch** – Bring the right arm straight out in front then bring it across the front of the body. Grab hold of the arm with your left arm so it doesn't move and pull the arm close, so you feel the stretch in your shoulder.

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**Training Disclaimer:** As with any form of exercise there is a risk of injury that may and could occur. By following this exercise plan, you acknowledge that you are happy and fully agree to take part in this exercise routine. In addition, by following this exercise plan you agree to take part in any activities at your own risk and Derby County Community Trust will not be liable for any injuries that may occur during any session.