Designed to be used in conjunction with visits to a clinician, this workbook helps plan an exercise program and provides strategies for following through with exercise goals.

Research has shown that individuals who exercise regularly have less stress, less anxiety, less depression, and less substance use problems than those who don’t. Studies have also shown that exercise can help combat the effects of depression and anxiety.

The workbook is structured to help prevent mood disturbances from blocking the very activities that can help one feel better. During the course of this program, the patient will be introduced to some of the situational factors that can interfere with establishing a successful exercise routine. With the help of the therapist, the patient will learn how to overcome these factors, as well as how to set up an environment so that exercise is successful and rewarding.

In addition to information on how to start and maintain an exercise program, this workbook comes complete with worksheets and logs for scheduling and tracking physical activity. Strategies for managing thinking patterns are also provided and to help boost motivation and break through barriers to exercise.