

MOVE AROUND AND CALM DOWN!

Did you know physical exercise reduces anxiety in children and adolescents?

OH NO!

It has been estimated that approximately 21% of children and adolescents (18 years of age) have elevated anxiety symptoms worldwide!



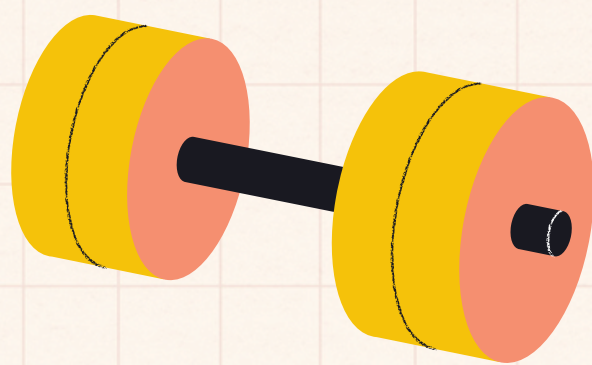
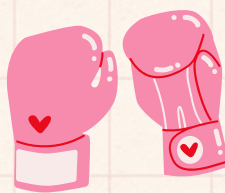
WHAT TO DO?

A combined approach incorporating both aerobic and resistance training can be particularly useful for both depression and anxiety!



HOW?

Exercise enhances self-efficacy, provides distraction from negative thoughts, and improves mood. It also reduces cortisol levels and stress responses!



TAKE IT EASY!

The frequency and session length is flexible. It allows for adaptations to fit individual schedules and preferences!



SO GET OUT THERE AND MOVE KIDS!

