

Low and High Intensity Exercise for Anxiety!

Exercise is a good source of treatment for people who suffer from anxiety symptoms. A study at the University of Gothenburg utilized 286 patients who had been affected by anxiety disorders for at least 10 years. 70% of the participants were women with an average age of 39.

The participants were randomly assigned to either moderate or strenuous exercise groups for a 12-week period. The exercise groups were compared to another study group who were assigned to just classroom sessions on anxiety issues with no exercises performed.

After the 12-week exercise and classroom sessions were completed, from a medium-to-high anxiety level to a decidedly lower anxiety level. The lower intensity exercise group showed an improvement of a 3.62, utilizing the University's rating. The higher intensity group had an increase of 4.88. This blind study revealed that more intense exercise can be even more effective for those with symptoms of anxiety, in both men and women.

It is important that you have a comprehensive physical exam before performing any high intensity exercise program and that you monitor yourself during this period of testing. This study reveals that any form of low-to-high intensity levels are extremely effective for all of us during these trying times of a worldwide pandemic. Use caution if working out in a gym or outdoors with others and protect yourself by following the protocol as specified by the CDC. Wearing a mask when you are around other people and drinking plenty of water can help you and others around you stay healthy.

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