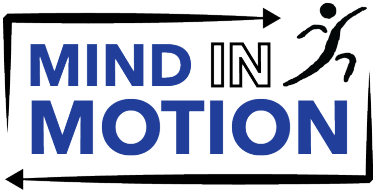
You're Invited To:



Your health care provider has referred you to a physical activity program.

Physical activity has been shown to help people**:**

- **Improve their mood**
- **Increase their energy levels**
- **Sleep better**
- **Increase their ability to focus**
- **Reduce feelings of stress and anxiousness**

Mind in Motion is a program designed specifically to help UBC students seeking mental health services or counselling on campus to do more physical activity!

If a health care provider directly referred you… Great! A Bodyworks Personal Trainer will be in contact with you soon.

If they did not directly refer you and you would like to participate (or have questions…) **please email:**

pop_pa.lab@ubc.ca

Who is running MIND IN MOTION? MIND IN MOTION is being coordinated by UBC Counselling Services in collaboration with the Population Physical Activity Lab and UBC BodyWorks Gym.

Why exercise? In 2016, the Canadian Network for Mood and Anxiety Treatments (CANMAT) identified exercise as a **first-line treatment** for mild-moderate depressive symptoms, and an **adjunctive treatment** for moderate-severe depressive symptoms. Exercise is about as effective as medication or therapy in treating depressive symptoms.

What is MIND IN MOTION studying? Even though exercise is recommended as a treatment, it is rarely offered to people experiencing depressive symptoms. MIND IN MOTION is interested in whether on-campus exercise programming is feasible and effective.

What does the exercise program involve? The program **includes two 1-hour sessions per week for 6 weeks, with the option of extending for an additional 6 weeks**. Booking your sessions is done online and you can pick times that suit your schedule. Participation in **FREE** with the referral of a UBC health provider.

What does the study involve? You will be asked to complete questionnaires before, during, and after the exercise program. These questionnaires will help us understand the impact of MIND IN MOTION on your mental and physical health.

How will participation affect my health care? It won't! Participating in MIND IN MOTION is entirely voluntary and will have **no impact** on your regular health care.

What will you do with my health information? Your privacy is our top priority. The UBC Mind in Motion research team and Bodyworks partners will keep your information strictly confidential. With your permission, we will provide your referring provider with updates summarizing your participation in this program. With this referral, your name, birthday, psychological diagnosis, and relevant medications will be sent securely to the lead BodyWorks staff to begin your enrollment process. This information helps to make sure that you are eligible for this type of exercise program.

What's next? If your mental health provider directly referred you, we will review your referral document and contact you shortly for eligibility screening. Please expect a response in 5-10 business days. If you have not been directly referred but would like to participate, email us!

Who can I talk to for more information? Please contact our study team at pop_pa.lab@ubc.ca

Who is in charge of this research? The principle investigator for this research study is Dr. Guy Faulkner, Ph.D., School of Kinesiology, UBC.