**Psychiatry & Psychotherapy Podcast Series: Episode 96: The Best Exercise Program for Depression**

June 26, 2024 – December 31, 2025

**Purpose**

This episode reviews studies on strength training, exercise, and depression from the last 2 years. It is well known that any form of exercise is beneficial for people with depressive symptoms, with strength training being most effective. Strength training can be both a treatment for patients with depression and a protective mechanism against the onset of depression.  
  
We also specifically discuss aerobic training versus high-intensity interval training. These topics of exercise and mental health are gaining momentum in the scientific literature, but how can we implement this data in our clinical practice? What is the simplest, most effective way to do this?

**Target Audience**

Specialties – Family Medicine, Medicine, Psychiatry & Human Behavior

Professions – Physician, Nurse Practitioner, Physician Assistant

**Activity Objectives**

1 Describe what the latest evidence says for how to treat depression with exercise

2 Describe the risk of strength training

3 Describe non-mental health benefits of exercise

4 Describe potential ways to start exercising

**Accreditation Statement**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and Emotion Connection, LLC. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

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**Faculty & Planner Disclosures**

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| **Name of individual** | **Individual's role in activity** | **Nature of Relationship(s) / Name of Ineligible Company(s)** |
| Matt Reynolds, Other | Faculty | Nothing to disclose - 06/18/2024 |
| Kyle Logan, MD | Faculty | Nothing to disclose - 06/18/2024 |
| David Puder, MD | Course Director, Faculty | Nothing to disclose - 05/27/2024 |

**Agenda**

**[INSERT AGENDA HERE MANUALLY]**

**Acknowledgement of Commercial Support**

No commercial support has been received for this activity.