

MANAGING SYMPTOMS WITH EXERCISE

How exercise helps people with schizophrenia

Schizophrenia is a rare mental disorder with complicated symptoms that are difficult to manage. In addition to medical treatment, exercise can help manage negative and cognitive symptoms.¹

Before exercising, ask yourself these questions¹



After answering these questions, you will be able to create an exercising routine that works for you. This could be with a fitness instructor or by yourself at a local gym.

Negative¹

Lack of interest

Lethargy

Social withdrawal



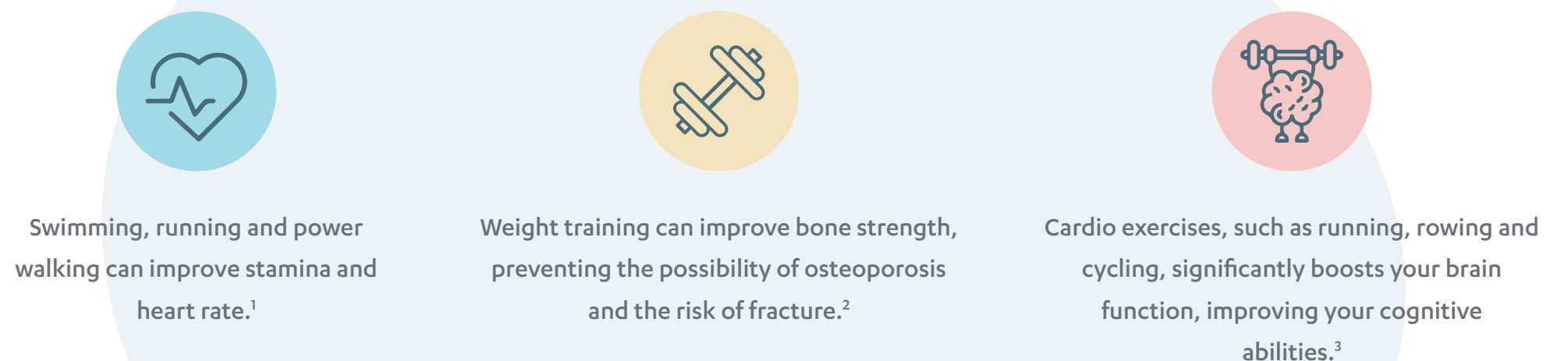
Cognitive¹

Poor memory

Thinking skills

Reduces auditory hallucinations

Exercises to help you become a fitter, stronger version of yourself.¹



Tips to help you exercise regularly

- Exercise with a friend if possible.
- Make time for exercise. Exercise doesn't make time for you.
- Be realistic with your goals.
- Start with the basics and gradually build up.

If you or a loved one is struggling with symptoms of schizophrenia, consult a doctor. There is a monthly injectable that manages symptoms and allows you to live a fulfilled life.

References:

1. <https://livingwithschizophreniauk.org/information-sheets/exercise-schizophrenia/> 2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3566242/> 3. <https://www.sciencedaily.com/releases/2016/08/160812073654.htm#:~:text=Aerobic%20exercise%2C%20such%20as%20treadmills,according%20to%20a%20new%20study.>