

Physical activity/sport & mental wellbeing youngsters



FOUNDATION P&V
*emancipation participation
citizenship solidarity*



Arnaud Philippot, PhD, PT

Epsilon, UCLouvain and KU Leuven

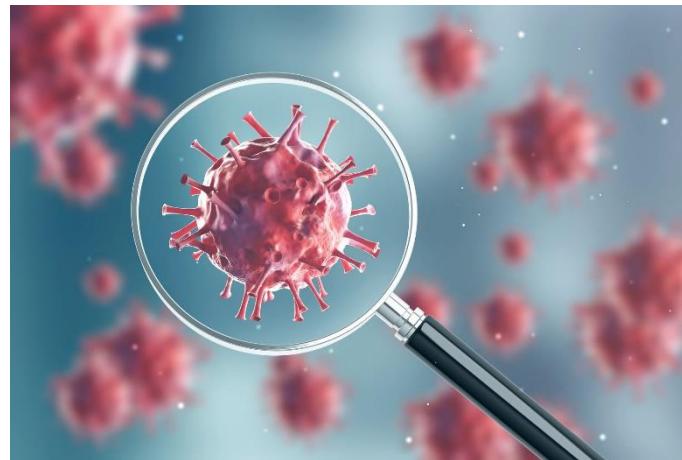
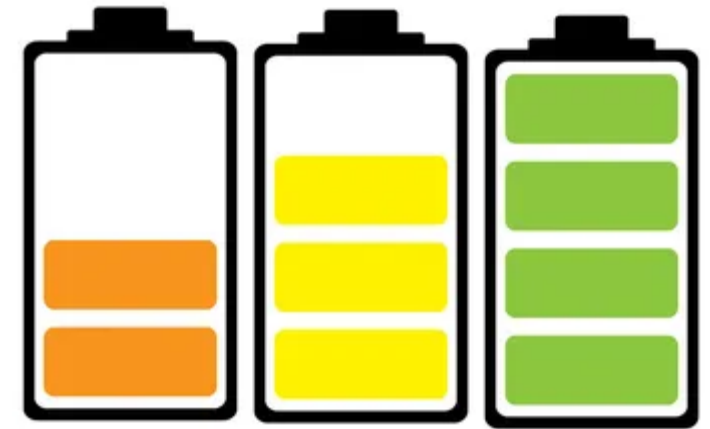
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UCLouvain

KU LEUVEN

Benefits of exercise for global health



Benefit of exercise for mental health



Prevents the onset

Reduces symptoms

is an add-on antidepressant therapy

Which dose of exercise?

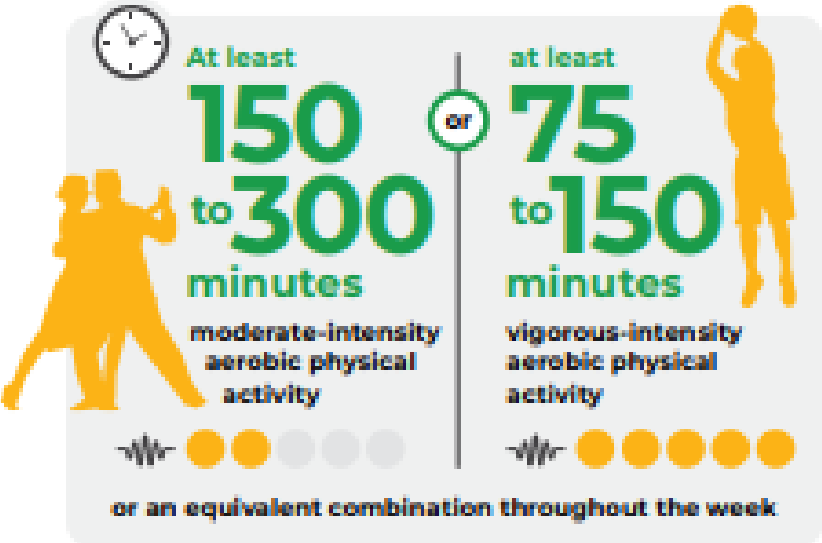


At least **60** minutes a day

moderate- to vigorous-intensity physical activity across the week; most of this physical activity should be aerobic.

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For children and adolescents



At least **150 to 300** minutes moderate-intensity aerobic physical activity

or

at least **75 to 150** minutes vigorous-intensity aerobic physical activity

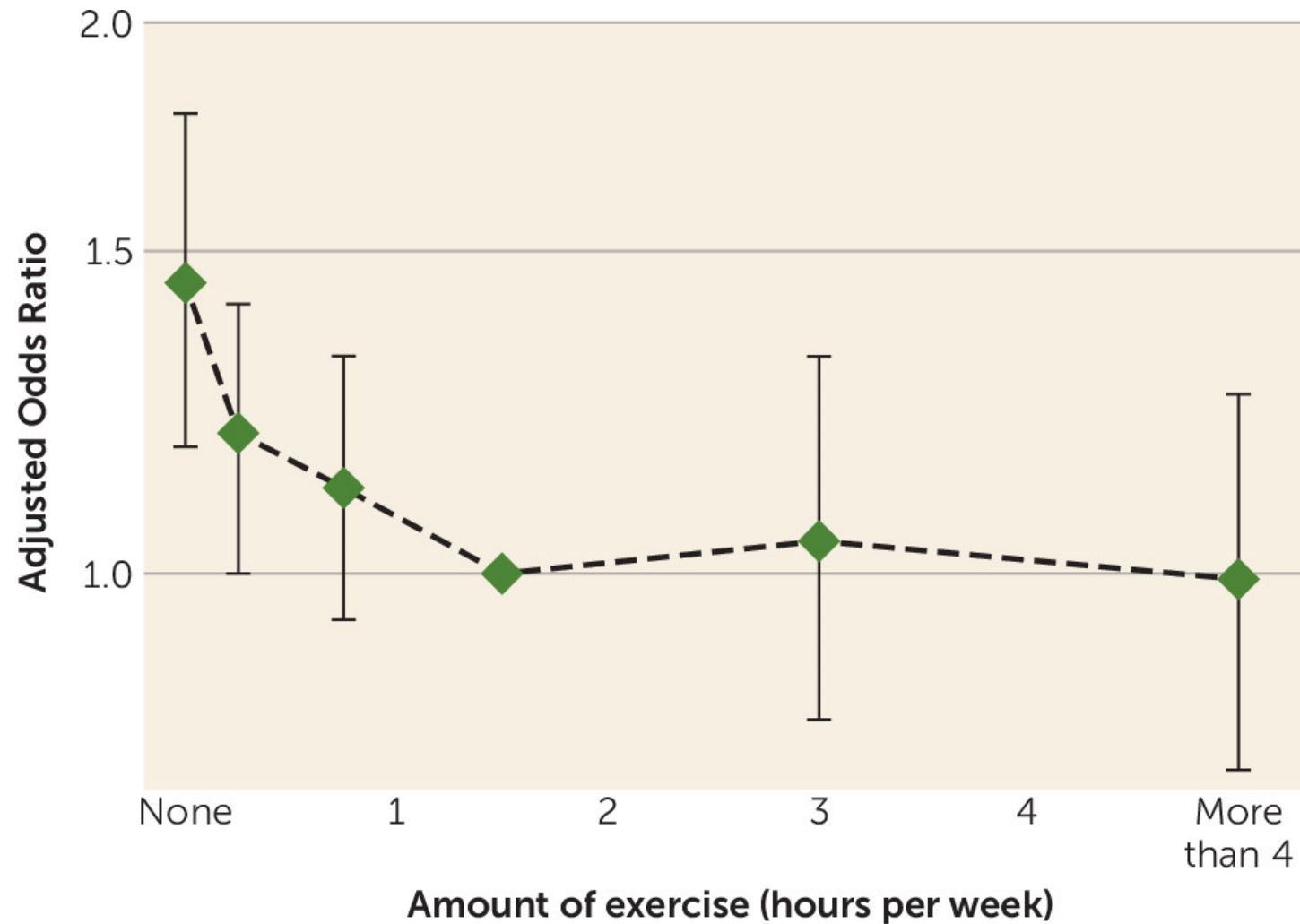
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or an equivalent combination throughout the week

For adults

BUT...

Depression onset and exercise

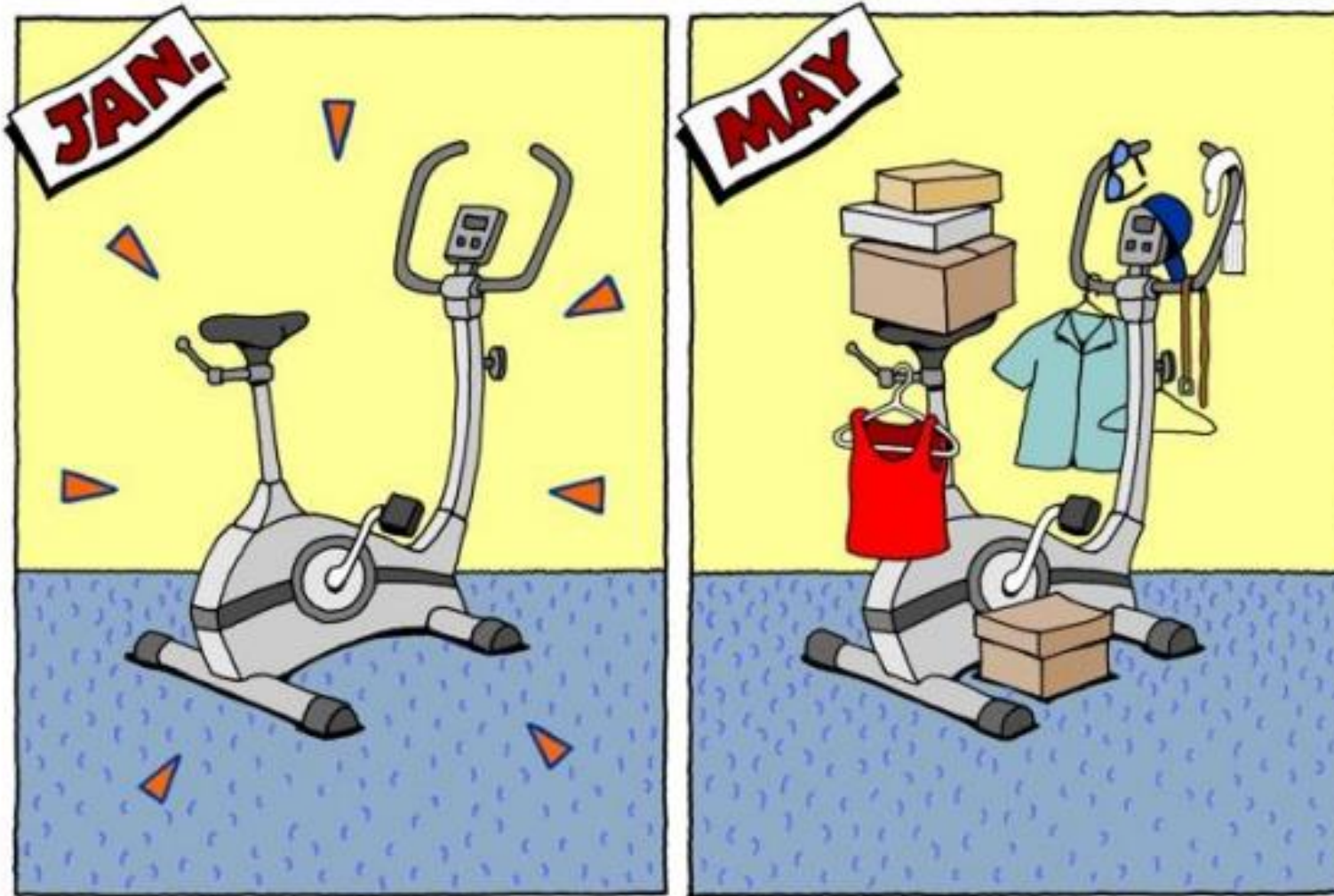


1 or 2 hours per week

Mechanisms of physical activity for mental health



Not always easy to start..

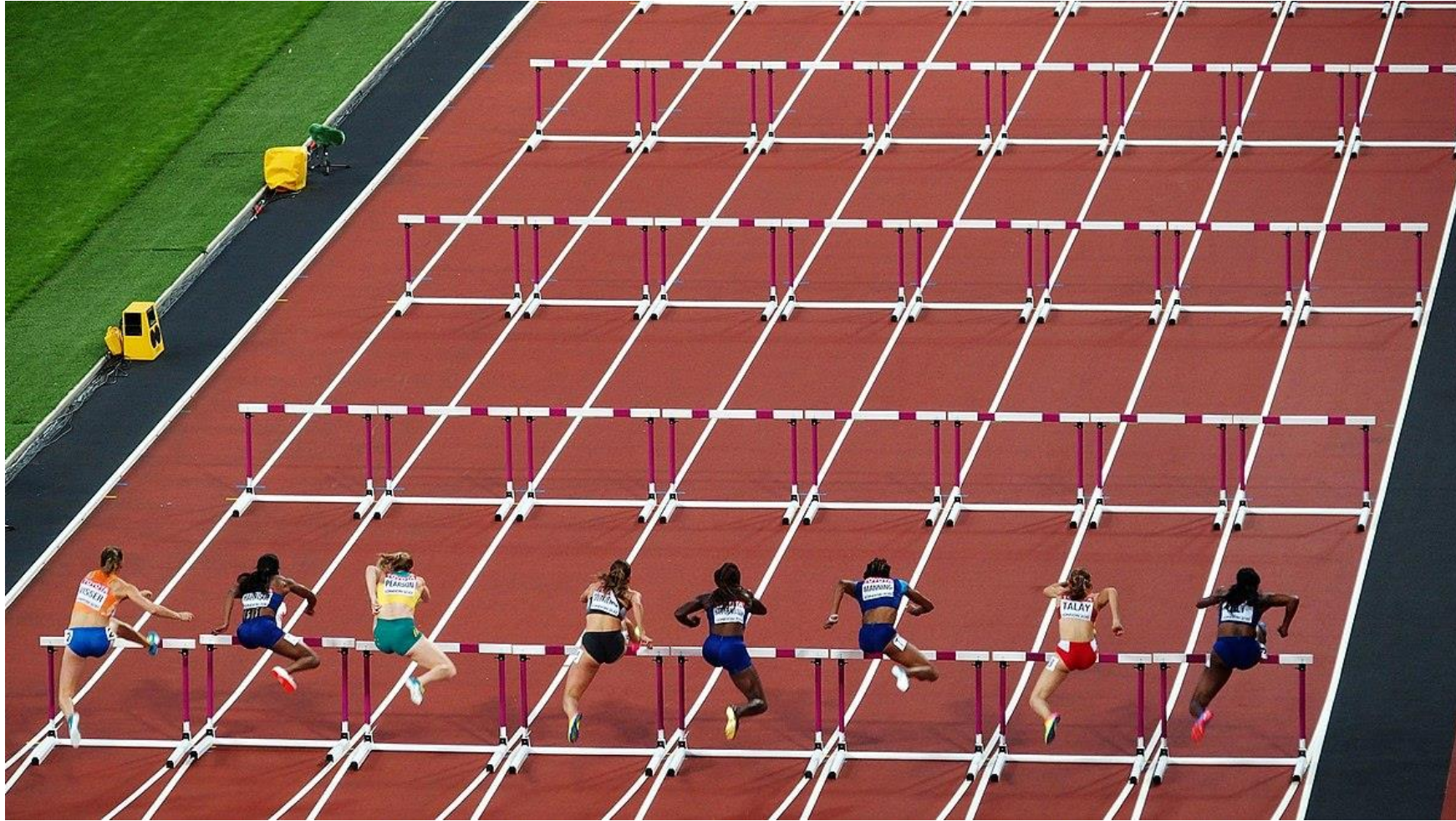


No need for specific goals, need for your values

Vancampfort et al. 2015

Swann et al., 2017

Several barriers exist



Vancampfort et al. 2015 Jachyra et al., 2016; Carter et al., 2016

For young people, we need initiatives promoting exercise as:

Fun and stimulating

Make you feel safe, valued and competent

Connected to others

Close to home

The ABC's of Intrinsic Motivation

A



Autonomy

B



Belonging

C



Competence

M



Meaning

Thank you 😊

