

MEDIA RELEASE

Adrian Pederick MP JP

Member for Hammond
**Shadow Minister for
Agriculture, Food and Fisheries
Forests**

Monday August 30, 2010

Pederick supports Black Dog's 'Exercise Your Mood Week'

The Black Dog Institute is a not-for-profit, educational, research, clinical and community-orientated facility offering specialist expertise in depression and bipolar disorder.

Local MP Adrian Pederick, who has joined other community leaders and sports stars as Ambassadors for the Institute, today encouraged people in the Hammond electorate to participate in *Exercise Your Mood Week* being held across Australia from 11 to 19 September 2010 to underline the importance of exercise for maintaining good mental health.

Mr Pederick said with one in five Australians suffering from a mood disorder it is important that people of all ages participate in the campaign.

Individuals or groups can organise their own activity or participate in one of the many *Exercise Your Mood* community events planned for the week in September.

Professor Gordon Parker, Executive Director of the Black Dog Institute, said today that research had shown the benefits of exercise for people with mood disorders; sighting the fact that depression is the number one cause of disability in the world.

The professor said exercise-based interventions can significantly reduce depression. For example, in older adults research clearly shows that 16 weeks of regular exercise can be as effective as an antidepressant, although each influence mood in different ways.

The mood benefits from exercise include the release of endorphins (described as the body's natural 'feel good' chemicals), interruption of the 'inactivity cycle' of depression, distraction from worrying, changes in the brain's chemistry, reduction in the levels of stress hormones, improved sleep, fitness and energy, and an increased sense of control while promoting social interaction.

Funds raised during the campaign will go toward expanding the institute's services nationally.

Further information is available from Mr Pederick's office as 20 Mannum Rd or online at www.blackdoginstitute.org.au.