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Exercise as an intervention is often neglected in mental health care. There are numerous studies showing how exercise can help reduce anxiety and depression. Studies also show how exercise can improve one’s mood, self-esteem, and general well-being. Join in on the ***Crappy to Happy Experiment.*** For this 4 week experiment, keep your exercise the same for week 1. Even if you don’t exercise, that’s ok! Rate your mood, daily, around the same time each day. Then for the following 3 weeks, make an absolute-iron-clad commitment to exercise 5 out of the 7 days (intensity will be predetermined with your coach). Your exercise must be at least 20 minutes in order for it to count. Keep track of your workouts. After each workout, use the mood rating scale to choose a number that corresponds to how you feel. Write that number on the tracking calendar too. On days when you don’t work out, you are to also rate your mood. We will then see if your mood has differed on days when you exercise and on days when you don’t.

Week 1:

Welcome to our ***Crappy to Happy*** kickoff! This week, simply rate your mood daily using the mood rating, and track it on your calendar.

Week 2:

This week, you begin to experiment by keeping your commitment to exercising 5 out of every 7 days! Doing exercise with someone else can help motivate you. He or she can also keep you accountable. Remember to check with your wellness coach for an appropriate workout intensity, time and type for you. Then, using the same scale and calendar, track your mood every day.

Week 3:

You’re halfway finished! Continue to be remarkable. You can do this – you’ve made it this far into the experiment. Did you record your workouts and mood on the calendar? Try and workout during the time of day when you have the most energy.

Week 4:

This is the last week. You’re almost there! Congratulations on making it this far into the ***Crappy to Happy*** experiment. Be strong for the next 7 days! What are you noticing? How is your sleep, your mood, your ability to think, your desire for healthy foods? Some introspection will help you learn more about yourself during this experiment. We hope you’re able to see for yourself, that exercise is an effective way to feel happy! Compare your daily average from week 1 to the daily average from weeks 2-4 inclusively.