



# Tips to keep you airborne!



The benefits of getting a move on  
May 2023

'Time to get a move on Caroline...the month is almost up and the keyboard is itching for AIRBORNE action!'

No sooner had this thought scratched my brain today than another one shortly followed, to the tune of: 'What can I write about?', which I instantly deemed to be a poor question.

So, I decided to ask myself a better one to get a better result (it's what the experts always harp on about) and this is what came up:

'What interesting tidbit have you read lately that might be worth sharing with your readers?'  
In a nano second, I had it...

*The inextricable link between movement and mental health.*



Did you know that The University of South Australia recently carried out the most comprehensive review of studies to date on the effectiveness of all types of physical activity for improving symptoms of depression, anxiety and distress?

Their findings (published in the British Journal of Sports Medicine), which incorporated 97 studies, 1039 trials and 128,119 participants, concluded that physical activity is 1.5 times more effective than leading medications.



**Caroline Crosbie**  
**CONSULTING**  
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting  
[www.carolinecrosbie.com.au](http://www.carolinecrosbie.com.au)  
[info@carolinecrosbie.com.au](mailto:info@carolinecrosbie.com.au)  
0416 154 259

Now that's a finding to sit up and take note of, and if you're wondering what that physical activity might look like, you're looking at a programme of 12 weeks or less with higher intensity output for more significant improvements, as opposed to longer durations.

Put simply, short and mid-duration bursts.

Whether you fancy yoga, Pilates, resistance training or brisk walking to get the heart pumping, know that they're all beneficial. You don't have to compete a triathlon, like I did last December, to yield a positive effect. (Click [here](#) if you missed it).

The bottom line...drugs and therapy have their place, but exercise must surely be considered a mainstay approach in managing mental health. That's what this review suggests.

Have I given you food for thought? A run for your money? I hope so.

Till next time...get a move on!

*Caroline*

*PS - If you know of anyone who might enjoy reading my newsletters, feel free to forward this to them and ask them to subscribe.*

*PPS - If you're ready, work with me directly to see how you can benefit from some wellbeing coaching. Hit the reply button to this email with "yes, more information please".*



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