

RESEARCH STUDY

Examining Effects of Exercise on Depression



Are you a Western student between the ages of 17 and 30?



Have you been diagnosed with depression? Or experiencing symptoms (hopelessness, lost interest, increased fatigue, uncontrollable emotions, etc.)?



Are you currently not receiving treatment for depression?

If you answered YES to these questions, you may be eligible to participate:

- 10-week virtual home-based exercise program
- One-on-one, led by a trained Kinesiology student
- Personalized to your preferences and goals
- Voluntary participation in 3 online surveys



Participants will be compensated for survey completion.

To participate please contact: bihlab@uwo.ca (or scan QR code)