



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

## ESSENTIAL SCIENCE CONVERSATIONS: GOOD FOR YOUR BODY AND MIND: THE PSYCHOLOGICAL SCIENCE CONNECTING PHYSICAL ACTIVITY AND OVERALL WELLBEING (MAY 1, 2024)

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### RELATED READINGS

Basso, J. C., & Suzuki, W. A. (2017). The Effects of Acute Exercise on Mood, Cognition, Neurophysiology, and Neurochemical Pathways: A Review. *Brain plasticity (Amsterdam, Netherlands)*, 2(2), 127–152. <https://doi.org/10.3233/BPL-160040>

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Powell-Wiley, T. M., Martinez, M. F., Heneghan, J., Weatherwax, C., Osei Baah, F., Velmurugan, K., Chin, K. L., Ayers, C., Cintron, M. A., Ortiz-Whittingham, L. R., Sandler, D., Sharda, S., Whitley, M., Bartsch, S. M., O'Shea, K. J., Tsintsifas, A., Dibbs, A., Scannell, S. A., & Lee, B. Y. (2024). Health and Economic Value of Eliminating Socioeconomic Disparities in US Youth Physical Activity. *JAMA health forum*, 5(3), e240088. <https://doi.org/10.1001/jamahealthforum.2024.0088>

Ravindran, A. V., Balneaves, L. G., Faulkner, G., Ortiz, A., McIntosh, D., Morehouse, R. L., Ravindran, L., Yatham, L. N., Kennedy, S. H., Lam, R. W., MacQueen, G. M., Milev, R. V., Parikh, S. V., & CANMAT Depression Work Group (2016). Canadian Network for Mood and Anxiety Treatments (CANMAT) 2016 Clinical Guidelines for the Management of Adults with

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Ricard, M., Lutz, A., & Davidson, R. J. (2014). Mind of the meditator. *Scientific American*, 311(5), 38–45. <https://doi.org/10.1038/scientificamerican1114-38>

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## RELATED RESOURCES

### **The Exercise and Depression Toolkit**

The Exercise and Depression Toolkit has been created for health care providers working with adults with depression in Canada. The toolkit was designed to support health care providers in exploring exercise as a treatment option for depression in collaboration with their patient or client. Learn more: <https://exerciseanddepression.ca/>