



Personal Well-being

Aerobic and strength exercise program for people with depression and / or stress (B-SPORT +)

INFAD's expected intellectual output within the capacity development program.

1. EXPLANATION OF THE ACTIVITY

Based on the selected literature, a possible exercise program for people with depression has been developed.

The project takes place twice a week, on Tuesdays from 6:00 p.m. to 7:30 p.m. and on Thursdays from 6:00 p.m. to 7:00 p.m. The total time of the project is 12 weeks, and can be carried out in institutions that have the appropriate material such as gyms. A limit of two absences per month cannot be exceeded. The exercise routine should be supervised by professionals.

TUESDAY

Warm-up exercise (5 minutes)

- 2 minutes of joint mobility
 - o Neck: lateral and forward-back rotation. 15 repetitions each.
 - o Shoulders: forward-back rotation. 15 repetitions each.
 - o Hips: 360º rotation. 15 repetitions in each direction.
 - o Knees: left / right rotation. 15 repetitions each way.
 - o Ankles: left / right rotation. 10 repetitions each way.
- 3 minutes of stretching:
 - o Arms: we cross the arm in front of the chest and press with the other hand. 15 seconds each arm.
 - o Shoulders: we raise the arm, holding the elbow flexing down. 15 seconds each arm.
 - o Calves: We place our hands on the wall / support and stretch the leg, supporting the tip of the foot. 15 seconds each leg.
 - o Quadriceps: Standing, bend one knee and gently stretch with the hand. 15 seconds each leg.
 - o Adductors: we sit down and look for the tip of the foot with our hand. 15 seconds each leg.



MOVILIDAD ARTICULAR 2MINUTOS

Realizar movimientos amplios y completos.

cuello

Rotación lateral y adelante-atrás
15 repeticiones de cada uno

hombros

Rotación adelante-atrás
15 repeticiones de cada uno

caderas

Rotación 360°
15 repeticiones en cada dirección

rodillas

Rotación a izquierda/derecha
15 repeticiones en cada dirección

tobillos

Rotación a izquierda/derecha
10 repeticiones en cada dirección

ESTIRAMIENTOS 3MINUTOS

Suaves antes de la actividad física y los repetiremos al final del entrenamiento.

brazos

Cruzamos el brazo por delante del pecho y presionamos con la otra mano.
15 segundos cada brazo.

gemelos

Apoiamos las manos en pared/soporte y estiramos la pierna, apoyando la punta del pie.
15 segundos cada pierna

cuádriceps

De pie, flexionamos una rodilla y estiramos suavemente con la mano.
15 segundos cada pierna

aductores

Nos sentamos y tocamos la punta del pie con la mano
15 segundos cada pierna

Aerobic exercise (20 minutes)

- Running



Deceleration period (5 minutes)

- Slow down for 5 minutes for heart rate recovery.

Strength exercise (45 minutes)

- Three sets of 8-12 reps on each machine with 70% of maximum strength capacity:
 - o the chest (chest press): 3x12



- back (low row): 3x12



- quadriceps (leg extension): 3x12



- ischium (leg flexion), using the machines: 3x12



Stretching and relaxation (10 minutes)

- Neck: We touch the chest with the chin and exert pressure on the nape with clasped hands.



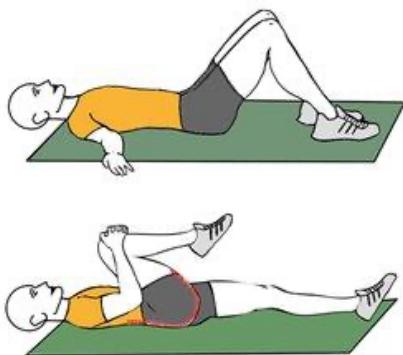
- Arm: with the trunk straight, pass one arm in front of the chest touching the opposite shoulder. Rest the other hand on the elbow and use force.



- Back: We sit on our knees, with our buttocks on our heels, stretching our arms as much as possible. After a few seconds we move our hands to the side while continuing to stretch them.



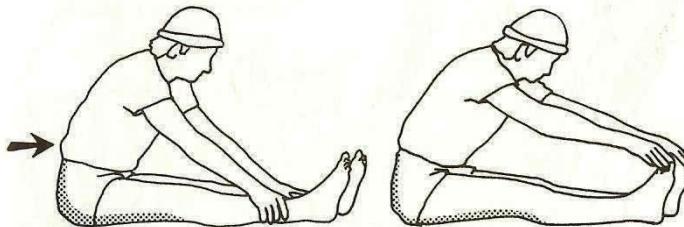
- Buttocks: face up, we bend our legs and take it by the knee, using force to bring the knee to the chest.



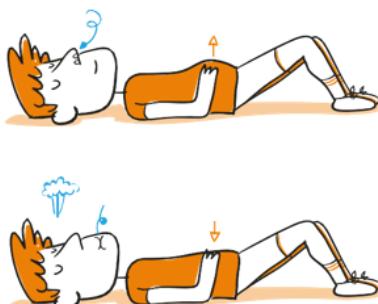
- Twin: we get up and pick up one leg, touching the tip of the other foot with our hands.



- Back: We stretch both legs and touch the tips of the feet.



- Abdominal breathing: Lying down, place your hands, one on your chest and one on your stomach. Inhale through your nose for a few seconds, noticing how the hand on your stomach goes up and the other doesn't. Hold for a few seconds, and exhale through your mouth gently until your abdominal muscles contract.



THURSDAY

Warm-up exercise (5 minutes)

- 2 minutes of joint mobility
 - o Neck: lateral and forward-back rotation. 15 repetitions each.



- Shoulders: forward-back rotation. 15 repetitions each.
- Hips: 360º rotation. 15 repetitions in each direction.
- Knees: left / right rotation. 15 repetitions each way.
- Ankles: left / right rotation. 10 repetitions each way.
- 3 minutes of stretching:
 - Arms: we cross the arm in front of the chest and press with the other hand. 15 seconds each arm.
 - Shoulders: we raise the arm, holding the elbow flexing down. 15 seconds each arm.
 - Calves: We place our hands on the wall / support and stretch the leg, supporting the tip of the foot. 15 seconds each leg.
 - Quadriceps: Standing, bend one knee and gently stretch with the hand. 15 seconds each leg.
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ESTIRAMIENTOS 3MINUTOS Suaves antes de la actividad física y los repetiremos al final del entrenamiento.



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15 segundos cada brazo.



gemelos
Apoyamos las manos en pared/soporte y estiramos la pierna, apoyando la punta del pie.
15 segundos cada pierna



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HIIT aerobic and strength exercise (24 minutes)

- High intensity sprint training: 7 sets of 20 seconds with high training intensity.
 - Material: exercise bike.
 - Duration of effort: 30 seconds with high intensity.
 - Micropauses: 30 seconds after each effort.
 - Macropause: 4 minutes. Every 4 repetitions a pause of more than 4 minutes to repeat the next series.
 - Reps: 4
 - Series: 3



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- Arm: with the trunk straight, pass one arm in front of the chest touching the opposite shoulder. Rest the other hand on the elbow and use force.



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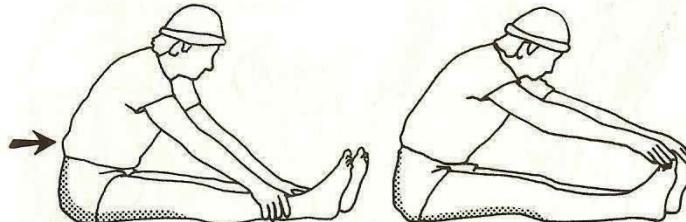
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