

Tip Sheet: Get Regular Exercise

There are many reasons why exercise is helpful for people with symptoms of PTSD. Here are the recommended exercise guidelines:

- Aim to exercise about 20 to 30 minutes at least 3 times a week. It is best to establish a regular routine to make it more likely that you'll stick with it.
- For cardiorespiratory benefits, the exercise should involve moving large muscle groups continually for at least 20 minutes, such as brisk walking, bicycling, or swimming.
- If depression is a symptom you have along with PTSD, exercise is known to be effective in reducing depression symptoms.

One caution: if exercise triggers hyperventilation and panic, talk to your doctor or counselor about breathing exercises and other methods for preventing or managing these attacks.