EXERCISE AS MEDICINE FOR TEENS WITH BIPOLAR DISORDER

INITIAL LESSONS LEARNED SO FAR

- Learning why aerobic exercise is important for improving mood and reducing cardiovascular risk factors in teens with BD, helped make "exercise as treatment" more salient

EDUCATION

- Weekly behaviour change counselling (BCC) sessions provided structure and accountability towards goals
- Reminders and reinforcements to exercise were helpful
- Liked Fitbit prompts and comparing their fitness test scores across time points

ACCOUNTABILITY

- Teens appreciated flexible exercise routines based on their skill level
- Liked exercise sessions at home
- Learned exercise could occur in short intervals and be fun!
- Liked the option of using texting
- Some teens wanted a more regimented exercise plan

FLEXIBILITY

- The role of the exercise expert needs to be clearly explained and reiterated
- Wanted clear instructions on what each optional module entails (e.g., peer support)

DETAILED CONTENT

- Learning why aerobic exercise is important for improving mood and reducing cardiovascular risk factors in teens with BD, helped make "exercise as treatment" more salient

CENTRE FOR YOUTH BIPOLAR DISORDER

Sunnybrook HEALTH SCIENCES CENTRE

Fondation Brain Canada Foundation