

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



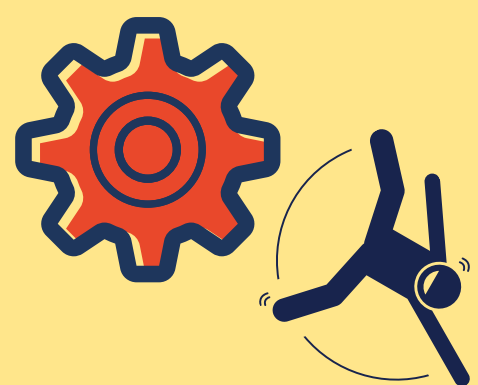
ACCOUNTABILITY



- 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

- 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



DETAILED CONTENT



- 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)

CENTRE FOR YOUTH BIPOLAR DISORDER