

THE SILENT PANDEMIC

Mental Health Impacts of COVID-19 Exacerbated by Fitness Center Closures



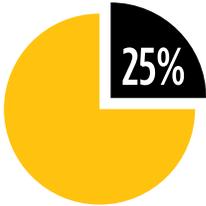
ANXIETY & DEPRESSION SKYROCKET

Nationally, rates of anxiety have tripled and rates of depression have quadrupled compared to a year ago, according to a report by the Centers for Disease Control and Prevention.¹ **53% of US adults reported that their mental health has been negatively impacted due to the coronavirus.**²



CA SUICIDE CALLS DOUBLE

Monthly calls to a suicide prevention crisis hotline which serves much of the state, almost doubled this year compared to a year earlier — **up from a little more than 3,000 for June 2019 to almost 6,000 in June 2020.**³



1 IN 4 YOUTH CONSIDER SUICIDE

More than a quarter of the nation's 18- to 24-year-olds reported seriously considering suicide in the last 30 days.⁴



CLAIMING MORE LIVES THAN COVID-19

In Japan, government statistics show suicide claimed more lives in October than COVID-19 has over the entire year to date. Japan is one of the few major economies to disclose timely suicide data, so it could give other countries insight into the impact of pandemic measures on mental health, and which groups are the most vulnerable.⁵

¹ <https://www.cdc.gov/mmwr/volumes/69/wr/pdfs/mm6932a1-H.pdf>

² <https://www.kff.org/report-section/the-implications-of-covid-19-for-mental-health-and-substance-use-issue-brief/>

³ <https://calmatters.org/health/breakdown-mental-health/2020/09/mental-health-tsunami-california-suicides/>

⁴ https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm?s_cid=mm6932a1_w

⁵ <https://www.cnn.com/2020/11/28/asia/japan-suicide-women-covid-dst-intl-hnk/index.html>

Exercise boosts mood, improves sleep, helps with depression, anxiety, stress and other mental health related issues. Research shows that exercise is as effective as psychotherapy for treating mild to moderate depression.



Exercise is essential for our mental health. As someone who has had family members die because of depression and who has suffered with anxiety and depression myself, I know how much working out can help. Exercise makes me feel better and even sleep better at night.

-Donna, Lake Elsinore



As a Veteran with PTSD from a combat tour, Operation Iraqi Freedom 2, exercise is more effective for me than the psychotropics that the VA prescribes. We need fitness centers around the state to remain open because they are vital for health and wellbeing.

-David, Sacramento



*As a disabled person with chronic pain, the only way for my pain levels to stay down without pain medication is by going to my fitness center. **This way, my depression also stays at a low level.***

-Susan, Fresno

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