

Soundbite script – Taking steps to fight off depression

Victor Mendoza, behavioral health provider, OSF HealthCare

"It helps you get motivated; helps you get moving and helps you do the things you want to do." (:5)

Victor Mendoza, behavioral health provider, OSF HealthCare

"It can be many things, as long as you're active. I think what's important is you're moving, you're active, and you're doing something like a sport, swimming, walking, anything, as long as it keeps you moving." (:16)

Victor Mendoza, behavioral health provider, OSF HealthCare

"It helps with accountability. When you're not feeling good, that gym partner might push you, like, I want to do it. And sometimes we don't want to ruin it for him or her. There are times when we're motivating our gym partners and helping them as well." (:19)

Victor Mendoza, behavioral health provider, OSF HealthCare

"Now the gym has a new meaning. It's my time to be with myself and exercise. It's my me time. It has become an outlet for me, not just my physical health but my mental health as well." (:18)

Victor Mendoza, behavioral health provider, OSF HealthCare

"We're going to have some lows, and there's going to be time that we're just going to not be able to be consistent with it, but that's OK. That's part of being human. We are affected by our emotions, and sometimes they don't let us do those things that we know are good for us. It's just giving ourselves some breaks and telling ourselves, today was not a good day, but tomorrow we're going to try again. And restart that process and go back to that exercise routine." (:29)