October is here!

From NAOMI CARTON
Associate Dean for Graduate Residential Life

Welcome to the second edition of Tim’s Kitchen! During the month of October, we’re focusing on wellness and ways to reduce stress. With our friends from Mental Health & Counseling, we’ve included information on living well, exercising, and staying balanced. To learn more about making healthy choices, check out Community Wellness at MIT Medical (medical.mit.edu/services/community-wellness).

Happy Reading!
Naomi

Preventing Depression with Exercise

by RHEINILA FERNANDES, MD
Psychiatrist, MIT Mental Health & Counseling

There is compelling research evidence for the role of exercise in preventing depression. In one meta-analysis which polled 1.14 million adults, men and women with the lowest fitness levels were 75% more likely to be diagnosed with depression than people with the highest fitness levels. (www.ncbi.nlm.nih.gov/pubmed/27765659)

More research is needed to figure out the ideal type and amount of exercise, but here are some tips for incorporating more activity into your life at MIT:

- **Find a workout partner, an exercise class, or a structured activity like an intramural sport to create a plan to exercise at a particular time.** Exercise is much more likely to happen if you have it on your daily planner.

- **Aim to gradually increase your level of activity.** If you don’t exercise, start by adding activity once or twice a week. Avoid “all-or-nothing” thinking, which can lead people to overdo it when they start exercising and ultimately give up.

- **Do something fun!** Being a grad student is already full of things you should or have to do. Try playing a sport for fun or taking a dance class. It is easier to add exercise to your routine when it is something you look forward to.

- **Check out DAPER!** The Department of Athletics, Physical Education, and Recreation (DAPER) has resources to help you stay active and healthy on campus. Visit daper.mit.edu for more information.

### RECIPE: Simple Smoothie

Need a nutritious boost of energy during the day? Toss the following ingredients into your blender:

- 1/2 cup yogurt or almond milk
- 1 cup blueberries
- 1 banana
- 1/4 cup rolled outs

Blend together and go!

For information about future cooking classes or anything else in this newsletter, email TimsKitchen@mit.edu

Chef Paul Rungta from Cafe Spice teaches students how to prepare a meal from India in New House on September 25, 2018.