

Physical Activity In Recovery

Build Back Your Body

Regular physical activity strengthens your heart, improves overall health, and helps repair damage caused by substance use

Move Your Mood

Being active can improve your mood and help ease feelings of depression and reduce stress and anxiety during recovery

Connect and Cope

Group activities reduce isolation and foster supportive relationships while providing a healthy way to cope

**Find activities
you enjoy**
Everything counts

**Focus on
consistency,
not intensity**
**Regular
movement
matters more**

Start Small
**Even 5 minutes of
movement counts
and can build
momentum**

**Build activity
into your day**
**Take the stairs,
park farther
away, or stretch
during breaks**



Move more—

*Physical activity can
improve sleep, strengthen your heart,
support your immune system, and increase
your energy while reducing daily fatigue*



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**Physical activity
can improve
focus, memory,
and decision-
making for better
recovery choices**

**Physical activity
can help reduce
cravings and
lower the risk of
returning to
substance use**

**Exercise can help
you better manage
strong emotions like
anger, frustration,
or irritability**

**Regular movement
can reduce stress,
anxiety and
depression, which
are common
triggers for
substance use**



**Reaching physical
activity goals can
build confidence
and help you
feel better
about yourself**



Cardiovascular exercise (or cardio) includes activities that raise your heart rate and breathing

Helps reduce cravings and improves emotional regulation

Boosts mood naturally by releasing endorphins and other “feel-good” brain chemicals that help reduce stress, anxiety, and depression

Improves sleep, energy, and overall health while creating positive daily structure—supporting long-term recovery and self-esteem



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Weight bearing exercises are activities that work against gravity and strengthen bones and muscles by making them support your body weight

Rebuilds physical strength and endurance that may have been lost during substance use

Supports stronger, healthier bones by improving bone density

Improves balance and coordination, which can help reduce risk of injury



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Sit Less

Limit screentime such as phones, television and computers

Improve Balance

Try balancing activities like Tai Chi or even dancing

Move More

Take the stairs or stretch during commercial breaks

Build Strength

Try activities like lifting weights, doing planks or yoga



Oatmeal Energy Bites

Makes 6 servings (3 balls each)

Ingredients:

- 1 ½ cups of quick rolled oats**
- ½ cup of peanut butter**
- 1/3 cup of honey**
- 1 teaspoon of vanilla extract**
- ¼ teaspoon of salt**
- ¼ cup of dried cranberries**
- ¼ cup of white chocolate chips**
- 2 tablespoons of ground flaxseed**



Directions:

- 1. Place all ingredients in a large mixing bowl. Stir to combine.
If too wet, add more oats. If too dry, add more peanut butter.
Dough will be sticky and hold together when lightly squeezed.**
- 2. Place bowl in refrigerator for 30 minutes to set.**
- 3. Remove bowl from refrigerator roll dough into 18 (1-inch) balls.**