

[View this email in your browser](#)



IN THIS EDITION:

Exercise Reduces Cannabis Cravings: Results of the study at Vanderbilt

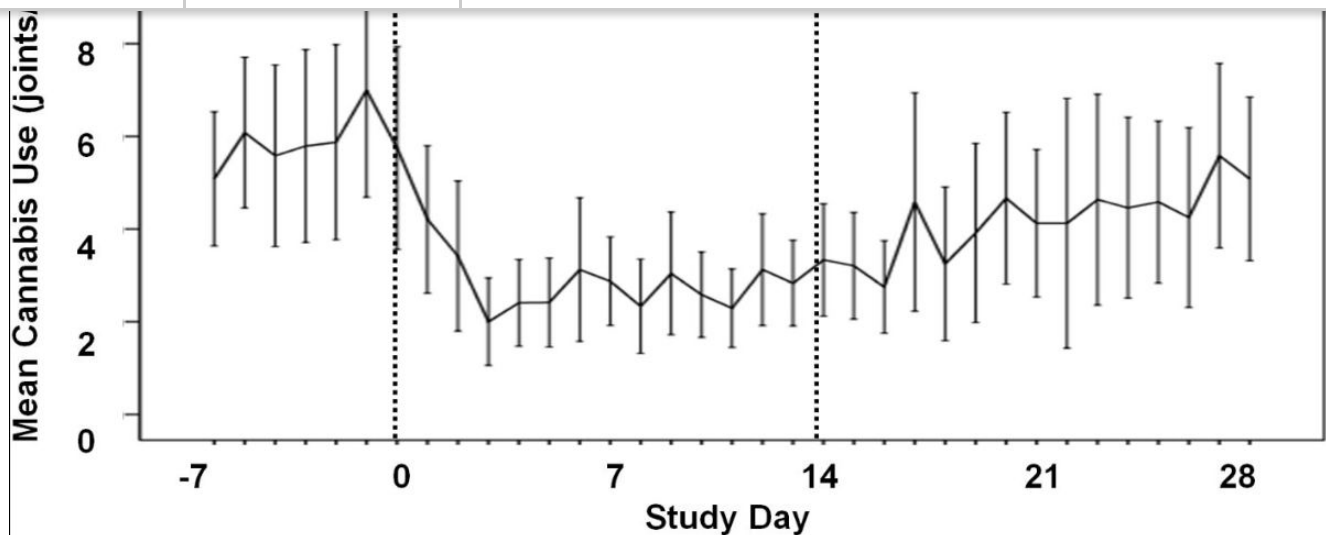
Running to Be of Service: Bringing joy to others during COVID-19

Exercise Reduces Cannabis Cravings

Overview of the Study Conducted at Vanderbilt University

Can regular exercise reduce cannabis cravings and use in dependent adults living in the community and not in a treatment program? Researchers at Vanderbilt University conducted a [study](#) to find out.

Subjects ran on treadmills for 30 minutes at 60-70% of target heart, 5 days each week for 2 weeks. Before and after each session, they were shown visual cannabis cues and asked to complete the Marijuana Craving Questionnaire (MCQ-SF).



* - Decrease from Run-In period ($P=0.002$).

** - Decrease in daily use from period onset ($P=0.006$).

*** - Increase in daily use from period onset ($P=0.003$).

During the 2 weeks when they were exercising regularly, cannabis use fell by half compared to pre-study use. Furthermore, results from the craving assessments showed reductions in measures of compulsivity, emotionality, expectancy, and purposefulness. A list of questions used to measure these traits is presented below.

In short, what the researchers observed is that **regular moderate exercise reduced cannabis use and cannabis cravings.**

Exhibit I: Factor Structure of the Marijuana Craving Questionnaire-Short Form

Factor 1: Compulsivity

I could not easily limit how much marijuana I smoked right now.

I would not be able to control how much marijuana I smoked if I had some here.

I need to smoke marijuana now.

Factor 2: Emotionality

I would feel more in control of things right now if I could smoke marijuana.

If I smoked marijuana right now, I would feel less tense.

I would feel less anxious if I smoked marijuana right now.

Factor 3: Expectancy

Smoking marijuana would help me sleep better at night.

If I were smoking marijuana right now, I would feel less nervous.

Factor 4: Purposefulness

Smoking marijuana would be pleasant right now.
Right now, I am making plans to use marijuana.
It would be great to smoke marijuana right now.

Running to Be of Service



During their weekly group run, the men of Awakening Recovery stopped by a local assisted living facility to say hello to the residents from a safe distance. Here they are singing Happy Birthday to a Jessie, who was turning 87.

To learn more about bringing a **Strides in Recovery** program to your community, please contact us at info@StridesInRecovery.org.