

Stress Reduction Through Exercise

What is Stress?

- Stress can be physical or psychological
- A typical definition is: "A demand made upon the adaptive capabilities of the mind and body".
- Stress is an adaptation for survival - "Flight or Fight" Syndrome

Stress Response

- Elevated levels of Hormones
 - Increased Heart Rate
 - Blood Pressure and Volume
 - Increased cognition and awareness
 - Digestive system shuts down
 - Salivation stops
 - Immune system shuts down
 - Adrenalin levels increase
- Overtime Exhaustion Finally Sets in if the Stress Response Continues and if the Levels of Stress Hormones are not Returned to a Homoeostatic State

Chronic Stress Contributes to Many Health Issues

- Cardiovascular Problems -
- High Blood Pressure
- Increased levels of Cholesterol and Fat in Blood Vessels
- Sexual Dysfunction
- Muscle Tension
- Headaches, Backaches, Muscle Pain
- Lowered Immune System
- Digestive Disorders – Acid Reflux
- Depression and Anxiety
- Mood Disorders

Do We Need Stress?

YES!

- Without it we would be unproductive and most likely cease to exist.
- Too little we become bored, tired, unhappy, restless.
- Too much stress we become, burned out, exhausted, irritable, and prone to illness.
- With the right amount of stress we are more productive, energetic, happy, creative, and healthier overall.

Danger of Stress

- In many instances we do not even know that we are distressed due to our bodies capability of adaptation.
- Over time acute stress can become chronic stress.

What are Potential Stressors for you?

Potential Stressors

- Time – Management of Time
- Personal Expectations
- Family Expectations
- Employment and Finances
- School Pressures
- Living Arrangements
- Relationships
- Physical Health Issues
- Environmental Stressors
- Information Overload
- Choices
- Daily Hassles

Perception!

- How one perceives the potential stressor will determine the total effect upon one's system.

Coping Strategies to Reduce Stress

- 5 R's
 - Rethink
 - Reduce
 - Relax
 - Reorganize
 - Release - Exercise

Benefits of Exercise

- Reduces Risk of Heart Disease
- Reduces Risk of Developing Diabetes
- Reduces the Risk of Developing High Blood Pressure and Reduces High Blood Pressure
- Reduces Risk of Colon Cancer
- Reduces Feelings of Depression and Anxiety
- Helps Control Body Composition – Weight
- Maintains Healthy Bones and Muscle
- Improves Balance and Coordination
- Promotes Psychological Well-Being

How does exercise reduce stress?

- Reduction of Muscle Tension
- Hormone Utilization
- Removes Excessive Cholesterol
- Improves Cardio-Respiratory Function
- Promotes a “State of Well Being”
- Helps Regulate Sleep
- Increases Concentration and Mental Alertness

Which Type of Exercise is Best to Reduce Stress?	
<p>Total Fitness Program Includes:</p> <p>Aerobic Training for Cardiovascular Fitness</p> <p>Anaerobic Training for Muscular Strength</p> <p>Flexibility Program</p>	<ul style="list-style-type: none"> • Biking, Jogging, Running, Swimming, Step Aerobics, Dancing • Sports - Tennis, Badminton, Golf, Bowling, Basketball, Volleyball, Softball / Baseball, Soccer, • Yoga, Stretch and Flex, Pilates

The Most Beneficial Exercise is Regular Exercise !!!
<ul style="list-style-type: none"> • A minimum of 3 Days per week • 40 Minute Routine <ul style="list-style-type: none"> – 10 min. warm-up – 20 min. exercise – 10min. cool down • Cardio – 70% of Maximum Heart Rate <p>Keep it Enjoyable, Schedule Convenient Times, Use Your Social Network</p>
