

EXERCISE AND STRESS

Regular exercise is thought to reduce intensity of stress and help speed recovery from a stressful event

Physical Benefits of Exercise:



- Improves lung and circulatory function
- Delays the onset of aging
- Increases the production of red blood cells, resulting in a greater ability to transport oxygen
- Decreases blood pressure
- Quicker recovery time
- Strengthens the heart muscle
- Burns calories thereby preventing hypertension, heart disease, diabetes and other conditions related to excess fat
- Increase in endurance
- Improves posture
- Decrease cholesterol levels

Psychological Benefits of Exercise:

- Better self-esteem
- Positive outlook on life
- More productive
- More alert
- Decrease in depression and anxiety
- Better able to manage stress
- Provide an opportunity to meet social needs and develop relationships



Getting Started:

- Start slow
- Everything in moderation
- Make it fun and enjoyable

Surgeon General Report:

Physical activity of moderate nature for 30-45 minutes most days of the week will provide health benefits

Examples of Moderate Activity:

- House work
- Gardening
- Bicycling
- Walking for 30 minutes



Caution:

- Warm-up and cool down before and after exercise for 5-10 minutes
- Wear proper clothing
- Use proper equipment
- ***Know your body!***

