

## Stress and Exercise

**Fight/flight Response** - *Automatic protection system which enabled us to perform at above normal functioning.*

- Tense muscles
- Liver produces more sugar
- Fast breathing
- More red corpuscles
- Increased heart rate
- More white corpuscles
- Pupils dilate
- Decrease in saliva and mucous
- Digestion stops
- Increased fat in blood system
- Increased perspiration

*Stress is a modern-day reaction to an old response to danger.*

### Positive Effects of Exercise

- Increase in energy
- Increase in flexibility
- Cleanses body
- Better body composition
- Creates proper breathing
- Better sleep
- Increases immune system
- Decreases brain wave activity
- Increases muscular endurance
- Natural high
- Arteries become more pliable
- Self discovery
- Reduces cholesterol levels

**Aerobic Exercise** - *Conditions heart and changes muscles chemistry to burn fat more effectively.*

1. Steady/non-stop
2. 20 min. in target zone
3. Comfortable pace
4. Must use lower body muscles

- THRESHOLD OF TRAINING
- A. Duration (20 minutes)
  - B. Intensity (target zone)
  - C. Frequency (3 x per week)