

EXERCISE & STRESS

Western Canadian Place Fitness Centre

**AT HOME
WORKOUTS**

 **ptimal**
coming soon...

STRESS

From a physiological standpoint, stress is your body's disharmonic response to a perceived stressor. A stressor could be a temporary situation (acute) or a reoccurring challenge you are faced with (chronic).

STRESS RESPONSE

Your body has a natural response to stress that can come in the form of an increased heart or breath rate, a higher blood pressure, sweating, etc. Your response depends on how much control you believe to have over the situation.

GOOD & BAD STRESS

Good stress (eustress) is when performance and productivity are enhanced, whereas bad stress (distress) can negatively impact your health. Examples of this would be immune suppression, anxiety, cardiovascular disease, etc..

EXERCISE

Along with many other benefits exercise provides, it can serve as a tool to manage your stress levels. Here are some forms of exercise to try!

WEIGHTS

A general resistance training workout can serve as a way to relieve stress for many. This can be done in a group fitness class where you are motivated by the environment, or just a handful of exercises with 8-12 repetitions of work.



**GROUP
EXERCISE
SCHEDULE**

YOGA

Traditional yoga is a great practice to adopt for its connection to breath, posture, mental and emotional health. If you prefer something less structured, some basic stretching may also aid in alleviating tension



WALKING

A slow meditative walk is an easy and therapeutic way to break up the day. You could add to the experience by listening to a podcast, playlist or by simply taking in the sounds around you.



BOOK A MASSAGE