



FITNESS MATTERS

MAY 2016

*530 Rivers Street
Varsity Gym
Room 12*

(828) 262-6314

healthpromotion.appstate.edu

Stress: The brain's response to any demand

How does stress affect the body? NOT ALL STRESS is bad.

Fight or Flight Response:

When faced with a challenge or a threat, your body activates resources to protect you - to either get away as fast as you can, or fight

Three Types of Stress:

1. Routine stress: pressures of work, family & other daily responsibilities
2. Stress brought about by a sudden negative change, such as losing a job, divorce, or illness
3. Traumatic stress, experienced in an event like a major accident, war, assault, or a natural disaster

Learn how to manage Stress:

-ENGAGE SOCIALLY: the simple act of talking face to face can release hormones that reduce stress even if you're still unable to alter the stressful situation

-GET MOVING: Physical activity plays a key role in managing stress!

Source: <https://www.nlm.nih.gov/health/publications/stress/index.shtml>



Summer Operating Hours

Begins May 9

Monday-Thursday:
7 AM – 6 PM

Friday:
7 AM – 3 PM

Blood Screenings

Thursday May 5
7:15 – 8:50 am

Call (828) 262-6314 to schedule
an appointment

CPR/First Aid Class

Wednesday May 11
8 am to 12 pm

Call (828) 262-6314 to find out
more info or to join the class

