

Name: _____ Date: _____

Exercise as a Coping Tool

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| 1. Common Stress Hormone? | A. Euphoric |
| 2. Behavioral Effect of Stress on the Body? | B. Legally Blonde |
| 3. Emotional Effect of Stress on the Body? | C. Increase |
| 4. Name of movie quote came from? | D. bodybuilding.com |
| 5. Exercise increases this neurotransmitter in the synapse | E. Prescriptive |
| 6. Did coping ability increase or decrease in the study? | F. Cortisol |
| 7. Term which means preoccupation with work | G. Low Confidence |
| 8. Mind/Body effect of stress? | H. Chore |
| 9. What helps with adherence and consistency? | I. MRU Recreation |
| 10. Exercise is both a preventative measure and? | J. Restlessness |
| 11. Resource available at the University? | K. Depression |
| 12. Website you can visit for free exercise routines? | L. Workaholism |
| 13. Endorphins have this effect on the body | M. Diversity |
| 14. Don't make exercise seem like a... | N. Norepinephrine |