

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Exercise as a Coping Tool

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