Chapter 11  Stress

Based on information found in Chapter 11 of the Reference Manual

1.) Stress has no effect and plays no role in weight-management:
    - True
    - False

2.) Check an example of “good” stress:
    - Shock
    - Mental
    - Physical
    - None of the above

3.) Name four (4) bodily reactions to stress:

_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

4.) Throughout your body, all processes are precisely and automatically regulated by:
    - Hormone and nerve activity
    - Muscle and skeletal activity
    - Digestion
    - Protein synthesis

5.) List two (2) major life changes that might cause stress:

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_______________________________________________________________________
_______________________________________________________________________
6.) Once a body perceives stress, it prepares for fight or flight:
   □ True
   □ False

7.) All three energy fuels (protein, carbohydrate and fat) are drawn upon in increased amounts during stress:
   □ True
   □ False

8.) Fasting is a good way to overcome stress:
   □ True
   □ False

9.) Stress has a detrimental effect on
   □ Muscles
   □ Vitamins
   □ Nutrients
   □ All of the above

10.) Exercise produces biochemical changes which alter psychological states,
    □ True
    □ False

11.) Regular exercise may increase the secretion of:
    □ Amino Acids
    □ Endorphins
    □ Glucose