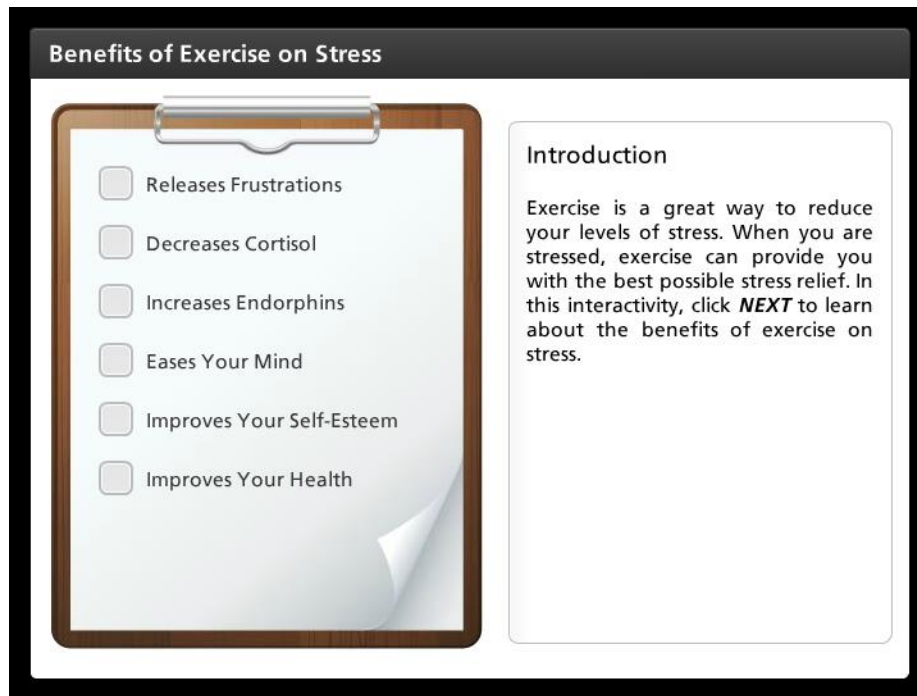


Module 3: Mental Training

Topic 4 Content: Benefits of Exercise on Stress Notes

Introduction



The graphic is titled "Benefits of Exercise on Stress" and is enclosed in a dark border. On the left, a clipboard with a silver clip at the top holds a white sheet of paper with a curled bottom-right corner. The paper contains a checklist with six items, each preceded by an unchecked checkbox:

- Releases Frustrations
- Decreases Cortisol
- Increases Endorphins
- Eases Your Mind
- Improves Your Self-Esteem
- Improves Your Health

To the right of the clipboard is a white rectangular text box with a thin border. It is titled "Introduction" and contains the following text:

Exercise is a great way to reduce your levels of stress. When you are stressed, exercise can provide you with the best possible stress relief. In this interactivity, click **NEXT** to learn about the benefits of exercise on stress.

Exercise is a great way to reduce your levels of stress. When you are stressed, exercise can provide you with the best possible stress relief. In this interactivity, click **NEXT** to learn about the benefits of exercise on stress.

Module 3: Mental Training


Topic 4 Content: Benefits of Exercise on Stress Notes

Releases Frustrations

Benefits of Exercise on Stress

- Releases Frustrations
- Decreases Cortisol
- Increases Endorphins
- Eases Your Mind
- Improves Your Self-Esteem
- Improves Your Health

Releases Frustrations



Exercise can help you release your frustrations.

Exercise can help you release your frustrations.

Module 3: Mental Training

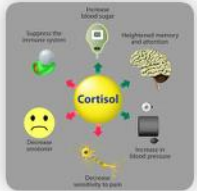
Topic 4 Content: Benefits of Exercise on Stress Notes

Decreases Cortisol

Benefits of Exercise on Stress

- Releases Frustrations
- Decreases Cortisol
- Increases Endorphins
- Eases Your Mind
- Improves Your Self-Esteem
- Improves Your Health

Decreases Cortisol



Exercise can decrease the level of the stress hormone cortisol. View the image to learn about the functions of the hormone cortisol.

Exercise can decrease the level of the stress hormone cortisol. View the image to learn about the functions of the hormone cortisol.

Module 3: Mental Training


Topic 4 Content: Benefits of Exercise on Stress Notes

Increases Endorphins

Benefits of Exercise on Stress

- Releases Frustrations
- Decreases Cortisol
- Increases Endorphins
- Eases Your Mind
- Improves Your Self-Esteem
- Improves Your Health

Increases Endorphins



Exercise increases endorphins. This will make your feel happier.

Exercise increases endorphins. This will make your feel happier.

Module 3: Mental Training


Topic 4 Content: Benefits of Exercise on Stress Notes

Eases Your Mind

Benefits of Exercise on Stress

- Releases Frustrations
- Decreases Cortisol
- Increases Endorphins
- Eases Your Mind
- Improves Your Self-Esteem
- Improves Your Health

Eases Your Mind



Exercise will ease your mind and help you forget the problems that are causing stress.

Exercise will ease your mind and help you forget the problems that are causing stress.

Module 3: Mental Training

Topic 4 Content: Benefits of Exercise on Stress Notes

Improves Your Self-Esteem

Benefits of Exercise on Stress

- Releases Frustrations
- Decreases Cortisol
- Increases Endorphins
- Eases Your Mind
- Improves Your Self-Esteem
- Improves Your Health

Improves Your Self-Esteem



Exercise will strengthen and tone your muscles, which increases the overall condition and appearance of your body. This can lead to an increase in self-esteem.

Exercise will strengthen and tone your muscles, which increases the overall condition and appearance of your body. This can lead to an increase in self-esteem.

Module 3: Mental Training


Topic 4 Content: Benefits of Exercise on Stress Notes

Improves Your Health

Benefits of Exercise on Stress

- ✓ Releases Frustrations
- ✓ Decreases Cortisol
- ✓ Increases Endorphins
- ✓ Eases Your Mind
- ✓ Improves Your Self-Esteem
- ✓ Improves Your Health

Improves Your Health



Exercise improves your health by lowering your blood pressure and cholesterol, managing your weight, increasing your muscle strength and endurance, and increasing your flexibility and bone density.

Exercise improves your health by lowering your blood pressure and cholesterol, managing your weight, increasing your muscle strength and endurance, and increasing your flexibility and bone density.