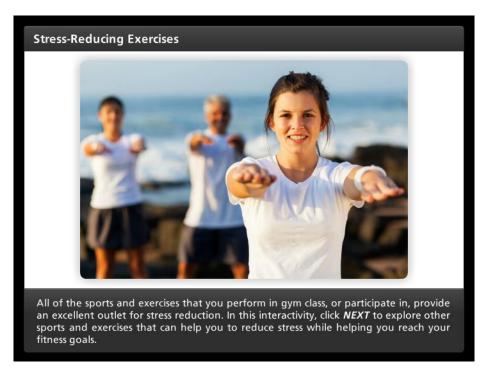
#### Introduction



All of the sports and exercises that you perform in gym class, or participate in, provide an excellent outlet for stress reduction. In this interactivity, click **NEXT** to explore other sports and exercises that can help you to reduce stress while helping you reach your fitness goals.



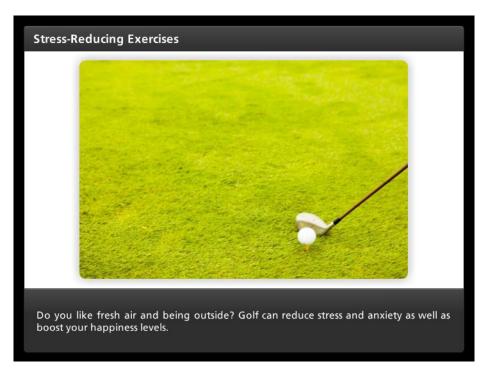
Yoga



Yoga is a mind-body practice that combines physical poses, controlled breathing, and meditation. While relaxing during yoga, you can reduce stress, lower your blood pressure, and lower your heart rate.



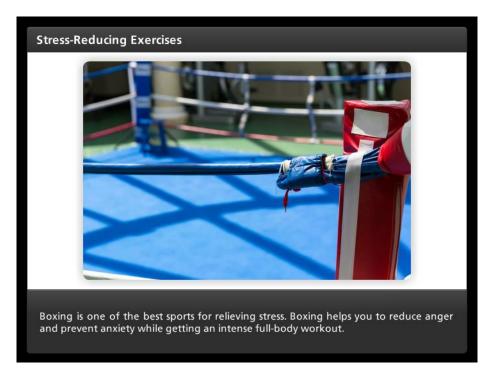
Golf



Do you like fresh air and being outside? Golf can reduce stress and anxiety as well as boost your happiness levels.



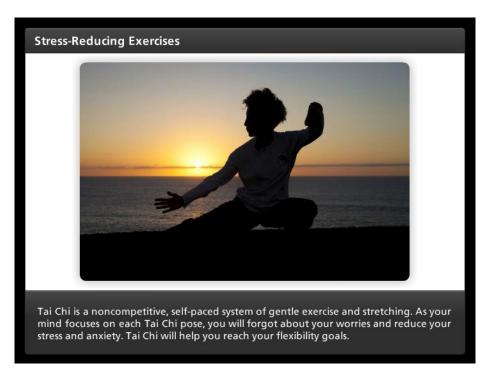
Boxing



Boxing is one of the best sports for relieving stress. Boxing helps you to reduce anger and prevent anxiety while getting an intense full-body workout.



Tai Chi



Tai Chi is a noncompetitive, self-paced system of gentle exercise and stretching. As your mind focuses on each Tai Chi pose, you will forgot about your worries and reduce your stress and anxiety. Tai Chi will help you reach your flexibility goals.



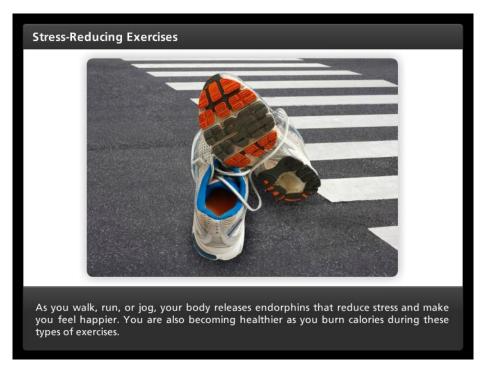
#### **Martial Arts**



There are many forms of martial arts and all have been proven to reduce stress and anxiety. Different martial arts include: Aikido, Judo, Karate, Jujitsu, Kung Fu, and Taekwondo.



## Walk/Run/Jog



As you walk, run, or jog, your body releases endorphins that reduce stress and make you feel happier. You are also becoming healthier as you burn calories during these types of exercises.



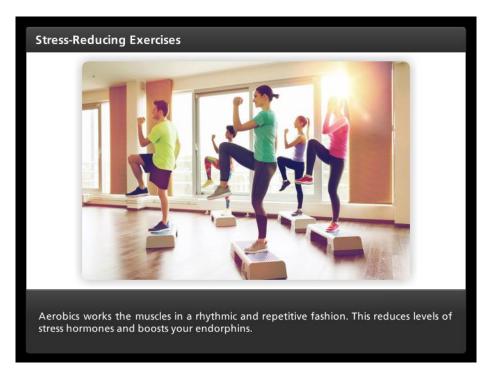
Tennis



Whether you are practicing solo drills, or playing against an opponent, tennis is a stress relieving exercise. Tennis provides a great aerobic exercise. It reduces your level of stress hormones while boosting your endorphins.



### Aerobics



Aerobics works the muscles in a rhythmic and repetitive fashion. This reduces levels of stress hormones and boosts your endorphins.



Dance



Dance is an outlet for emotional expression, stress reduction, and creativity that will help you channel your energy in a positive fashion. Dance can be performed alone, or in a group setting.



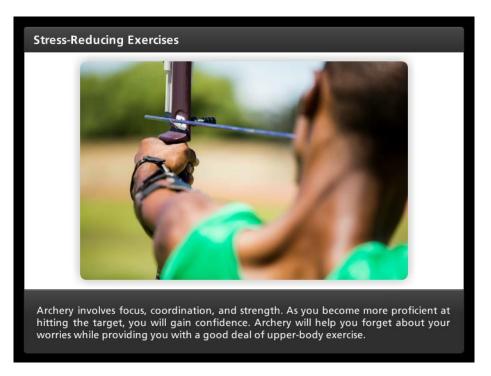
### Bowling



By engaging in a physical activity like bowling, you can relieve daily stress. Bowling is a sport that encourages socialization during the game. This socialization can also provide an outlet for stress relief.



Archery



Archery involves focus, coordination, and strength. As you become more proficient at hitting the target, you will gain confidence. Archery will help you forget about your worries while providing you with a good deal of upper-body exercise.

