

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