

# Quiz 11 / Answers

These **quizzes** as well as **interactive quizzes** are built-in to the **MAP System**

## Stress

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:**

- **Easily overexcited, irritability, depression**
- **Increased heart rate**
- **Dryness of the throat**
- **Impulsive behavior, emotional instability**
- **The overpowering urge to cry or run and hide**
- **Inability to concentrate**
- **General disorientation, alcohol or drug addiction**
- **Accident proneness**
- **Feelings of unreality, weakness, dizziness**
- **Fatigue – paranoia**

- Body trembling, increased medication use
- High-pitched nervous laughter
- Stuttering
- Grinding of the teeth (bruxism)
- Insomnia, nightmares
- Inability to take a relaxed attitude
- Perspiring
- Frequent urination
- Diarrhea, indigestion
- Neck or lower back pain
- PMS
- Migraine headaches
- Loss of appetite

**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 cause stress:**

- Death or loss of a loved one;
- Serious illness or accident;
- Divorce or separation;
- Death of a close relative;
- Getting fired or laid off of work;
- Marriage;

- Major personal property loss (fire, theft, etc)
- New household member

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