

## Exercise and Stress—Introduction



Researched and Composed by Gabriel "Venom" Wilson, BSc. (Hons), CSCS

### Introduction

The picture of the man above typifies the term stress, for most of us. When we think of stress, words such as worry, fear, doubts, and apprehension always seem to pop up.

However, evidence suggests that stress is an absolutely intricate part of our everyday lives, and is in fact the basic principle behind resistance training.

Nonetheless, millions around the world today suffer from the adverse effects of "stress".

In this context, the current author composed a 6 six part series on stress with the purpose of defining stress, explaining the stress response, discussing the mind body connection, and its impact on stress, the benefits and negative aspects of stress, and stress management based on scientific and biblical principles. It is the sincere hope of this author that the reader may benefit from this series, and learn how to manipulate "stressful" situations, and benefit from them!

### Special Thank You

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