



Project «Gesundheit» Norway

by Marianne

Does physical activity reduce stress?

- 11 students age 16+
- Questionnaire
- Quick walk
- Exercise equipment in local park
- Camp ground/ outdoor relaxation
- Return to school after 1,5 h

Questionnaire / Spørreskjema
(Circle or mark your answer/ Tegn sirkel eller merk av ditt svar)

Name: V. G. G.

Before activity/ Før aktivitet

1. Are you physically active each week? / Er du fysisk aktiv hver uke? ☒ Yes ☐ No

2. On a scale from 1 to 5, how stressed do you feel today?
På en skala fra 1 til 5, hvor stressa føler du deg i dag?

☒ No stress / Ikke stressa 1 — 2 — 3 — 4 — 5 Very stressed / Mye stressa

After outdoor activity/ Etter utendørsaktivitet

3. Were you able to unwind from school during the hour we spent outside?
Var du i stand til å koble av fra skolearbeid den timen vi var ute?

☒ Yes, completely/ Ja, helt ☐ Sometimes/ Inni mellom ☐ No/ Nei

4. On a scale from 1 to 5, how stressed do you feel now?
På en skala fra 1 til 5, hvor stressa føler du deg nå?

☒ No stress / Ikke stressa 1 — 2 — 3 — 4 — 5 Very stressed / Mye stressa

5. Do you think being active makes you more relaxed and positive afterwards?
Tror du at fysisk aktivitet gjør deg mer avslappet og positiv etterpå?

☒ Yes/Ja ☐ Maybe/Kanskje ☐ No/ Nei

Thank You!

Does physical activity reduce stress?

Questionnaire with 5 questions:

- Do you exercise every week?
- The level of stress before going out
- The level of stress after
- Able to unwind while outside
- Do the students themselves think that physical activity reduces stress



The activities



Walk with high pulse, using backpack/weight vest



Social gathering by the fire



Findings - 11 students

- 8 of 11 students exercise weekly
- 4 students did not feel any level of stress, before and after
- 6 students felt less stress after the experience, one was unchanged
- Six students managed to completely unwind, while four unwound some of the time.
- Eight students believe stress is reduced by physical activities, 3 students stated «perhaps» (2 of 3 do not train regularly)
- Relaxed atmosphere around the fire
Nice dialogue
Wanted to remain by the fire



Questions?

