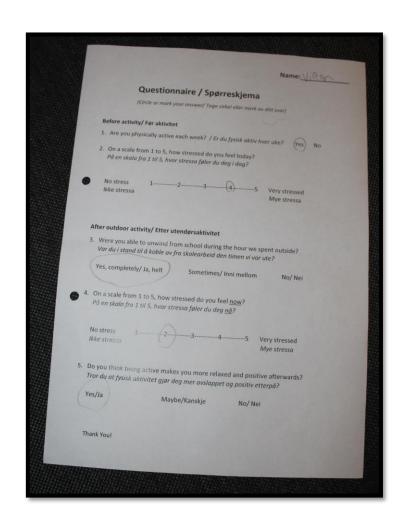


# Project «Gesundheit» Norway

by Marianne

## Does physical activity reduse stress?

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



### Does physical activity reduse stress?

#### **Questionnaire with 5 questions:**

- Do you exercise every week?
- The level of stress before going out
- The level of stress after
- Able to unwire 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 unwire, while four unwired 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?

