

What is Good Stress?

As spring & summer approach, we start to prepare for all the new responsibilities that follow. Sadly the time of sun and relaxation slowly comes to an end. Once the stress begins, our bodies fast forward into hyper mode and we wind up paying the price. Let's quickly review what happens when our bodies get "stressed".

First you have to encounter something that makes you feel "stressed" like having an argument with a family member, forgetting about an important meeting at work, or money issues with the economy. The body reacts and releases Cortisol, also known as the "stress hormone". This hormone comes from the adrenal gland cortex and is directly related to many vital functions of the human body. Some include affecting the immune system, regulating blood sugar, stabilizing blood pressure and providing the body with the all famous "fight or flight" (distress) response.

All these processes are important and we would die without them. However there are negative effects associated with too much Cortisol being released and circulating in our bloodstream, especially if it's done regularly as a result of frequently being "stressed" out. With the release of Cortisol comes an increase heart rate, increase respiratory (breathing) rate, blood vessel dilation, sweat production and decrease calcium absorption. When prolonged levels of Cortisol reside in the bloodstream (due to chronic stress) negative effects such as impaired cognitive performance can occur. Also, it can suppress thyroid function and cause blood sugar imbalances. Since it may decrease calcium absorption this can result in decreased bone density and decreases in muscle tissue. As you can see, when the body experiences chronic stress overtime it eventually starts to deteriorate your vital functions and your body takes the brunt of it all.

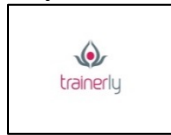
During exercise your body also releases Cortisol, this is because exercise forces the body to deviate temporarily from homeostasis (our natural balanced set-point). Therefore it is perceived as a stress (Eustress) and causes the release of Cortisol from the adrenal cortex. However, regular exercise training will decrease this effect, causing the body to have a better response to stress and require less Cortisol release over time. For example, if you begin an exercise program at a moderate pace, Cortisol will be released at that intensity. However, as your training progresses and you begin to increase your exercise intensity, the body will not perceive the moderate pace to be as stressful and will not release as much cortisol. Also, the time and the intensity of exercise will determine the level of Cortisol being release. The more training you do, the better your body will become at regulating the release of Cortisol. This effect is not limited to exercise; there is an overall effect that can help limit the release of Cortisol even when the trigger is related to emotional stress.

So, if you feel "stressed out" on a daily basis, try some of these relaxing exercises you can practice. Some examples would be yoga, Pilates, Tai Chi and any other form of meditative breath work, moderate cardiovascular and weight training exercises, and regular stretching. Don't forget about engaging in cardiovascular exercise too. They will help in regulating the vital functions your body has to deal with every day. So take a deep breath and relax.....

Please review our business at: [Yelp](#) [City Search](#) [Google +](#) [Angie's List](#)

We are proud winners of the 2016 THE SPECTRUM AWARD FOR EXCELLENCE IN CUSTOMER SERVICE. View our Spectrum Award [here](#).

Trainerly allows you to workout and exercise at your home, office, hotel room or pretty much anywhere in the world through live 2-way webcam. [Sign-up](#) for a class with me today. Use the promotional code “trainerly20” to save 20% off any service.



[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

[Like us on Facebook/Connect with us on LinkedIn/Follow us on Twitter](#)
[Follow us on Google+/Pinterest/Instagram](#)

(Hold down the Ctrl key & click the underlined words or logos)
Make sure to forward to friends and followers.