

## **Are Regular Exercisers More Resilient?**

Few studies have evaluated resiliency specifically among regular exercisers versus those who are sedentary. It is worth noting that psychological resilience generally refers to an individual's ability to bounce back, to cope effectively, and with relative ease when experiencing the many stresses of life. Researchers Childs and de Wit (2) at the University of Chicago wanted to know if there would be a difference in positive affect (mood or happiness) between active and non-active participants after being exposed to a stressful event. Does regular physical activity confer emotional resiliency? Although this study is only correlational and does not necessarily show that exercise causes a person to return to a positive mindset after a stressor, the results are intriguing.

The Trier Social Stress Test (TSST) (4) was used to produce an acute stress response in 111 healthy men and women aged 18 to 32 years. In addition, all participants completed a non-stressful control task. The widely used TSST involves being observed and filmed while giving a 5-minute speech, as well as performing 5 minutes of mental arithmetic. It has been shown to reliably cause physiological and psychological markers of stress, such as increased heart rate and blood pressure, mental alertness, increased muscle tension, and the secretion of cortisol from adrenal glands. During this study, mood was measured using the Profile of Mood States questionnaire both before and after the TSST and the non-stressful control task.

The key finding is that the sedentary group showed a significantly greater decline in positive affect (mood) after the TSST as compared with the more active group. Simply stated, the less active folks were more likely to let the stress experience get them down, and they had a harder time rebounding back to their pre-stress test levels of subjective well-being. Yet another way to state this is to say that the sedentary participants were more reactive — it was harder for them to maintain equanimity and more difficult for them to return to physiological and psychological homeostasis. The authors write that regular exercisers may be more resistant to acute stress and more able to maintain a positive mood during a challenging event; this in turn may protect them against future poor health.

Limitations of the study include the facts that participants' exercise levels were self-reported and that there was a lack of age, ethnic, and racial diversity in the subject pool. Nevertheless, the psychological stressor used in this study may have caused responses that mimic those found in daily activities, and, as the results have shown, physically active people are apparently more likely to maintain or return to a positive mood after a stressor than those who are inactive. Yet another reason to get moving!

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

Get proven strategies that will help you unleash your inner power! You can do it! CCFL works to heal, unite and empower individuals, families and communities, equipping them with the necessary tools to strengthen personal standards, ethics and values while, together, raising the next generation. Go to [Creating Champions For Life](#) and check it out.

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.



Your suggestions are appreciated to make our business better. Please take the survey by [clicking here](#) and provide your input.

Want to know your metabolic power? [Click Here](#) to find out if your metabolism is working for you or against you.

Do you know someone who might be interested in or products or services? [Click Here](#) to fill out our referral form and, as our way of saying thank you, you will receive \$15 off and of our products or services. We appreciate your support.

[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](#)

**(Hold down the Ctrl key & click the underlined words or logos)**

**Make sure to forward to friends and followers.**