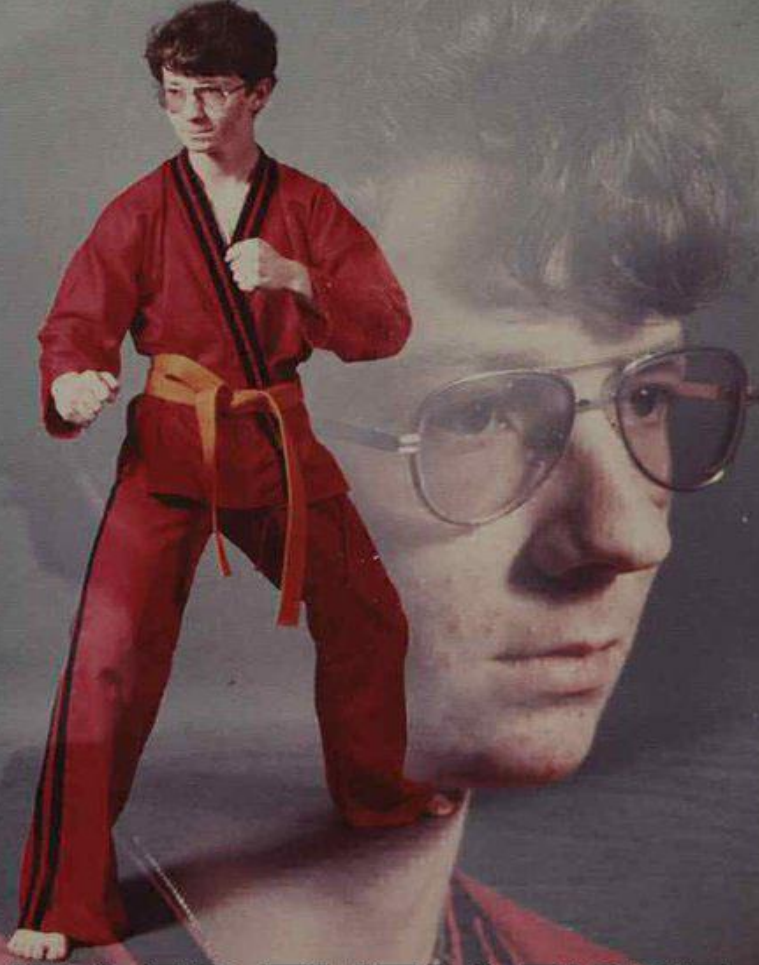


THEY PICKED ME LAST



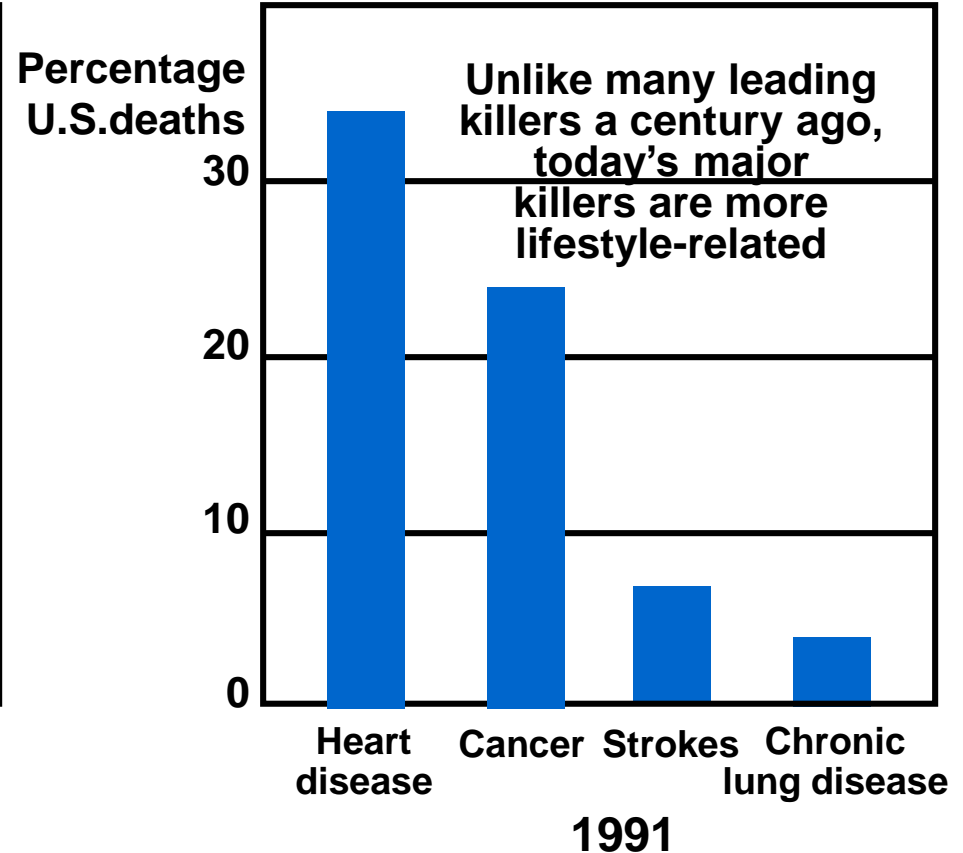
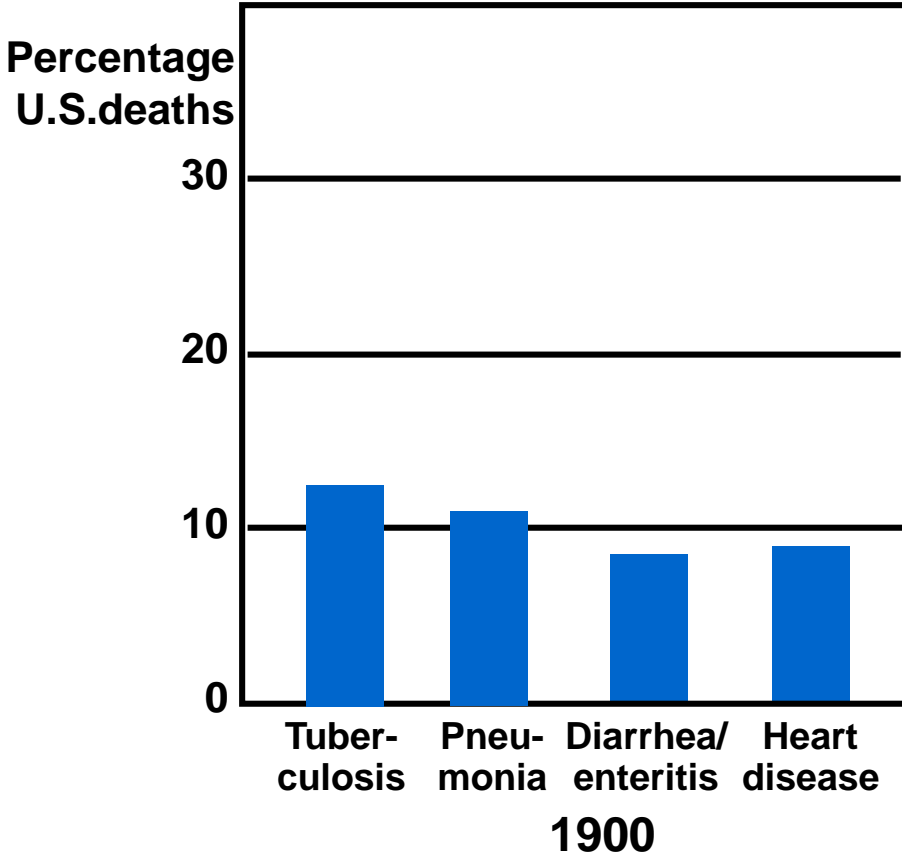
I KILLED THEM FIRST



**Did You Know?** Prolonged stress actually causes your physical DNA strands to shorten and decay. Also, laughing increases your lifespan. So does owning a pet. So does being religious (doesn't matter what religion).

# Stress and Health

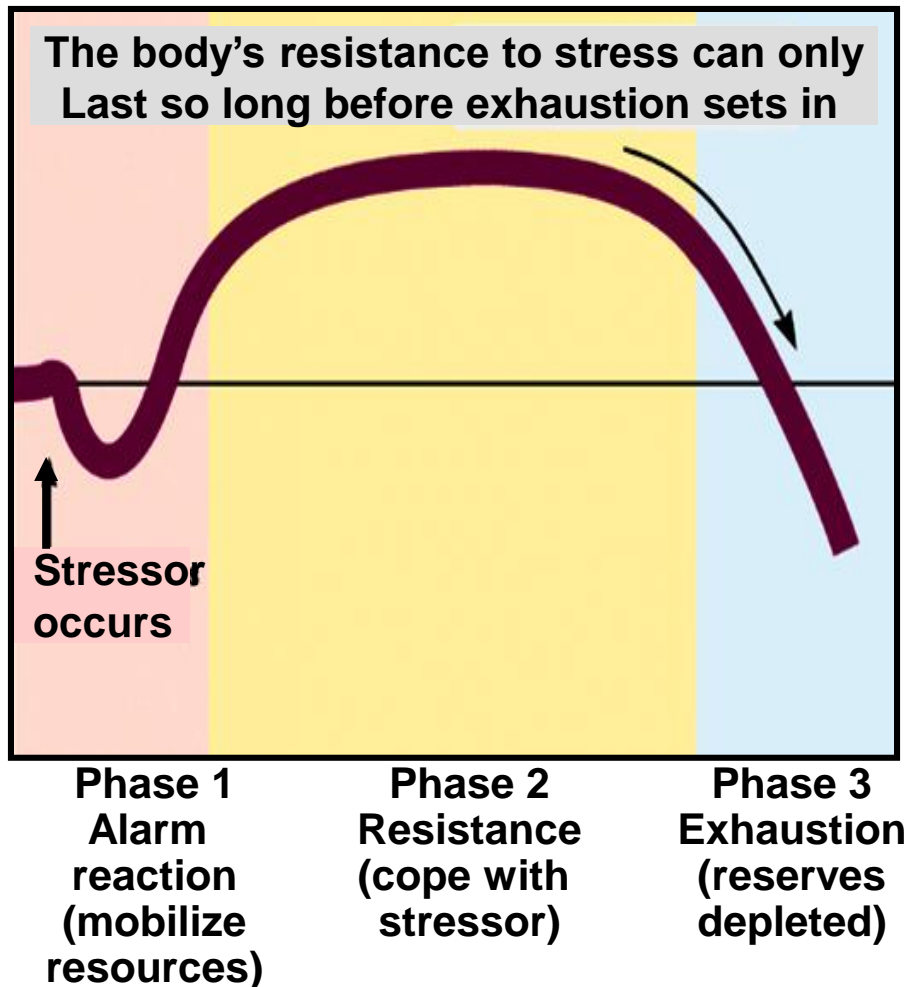
⌘ Leading causes of death in the US in 1900 and 1991





Life Ain't About How Hard You Can Hit

# What is Stress?



## ⌘ General Adaptation Syndrome

- ☑ Selye's concept of the body's adaptive response to stress as composed of three stages



How Bad Do You Want It?

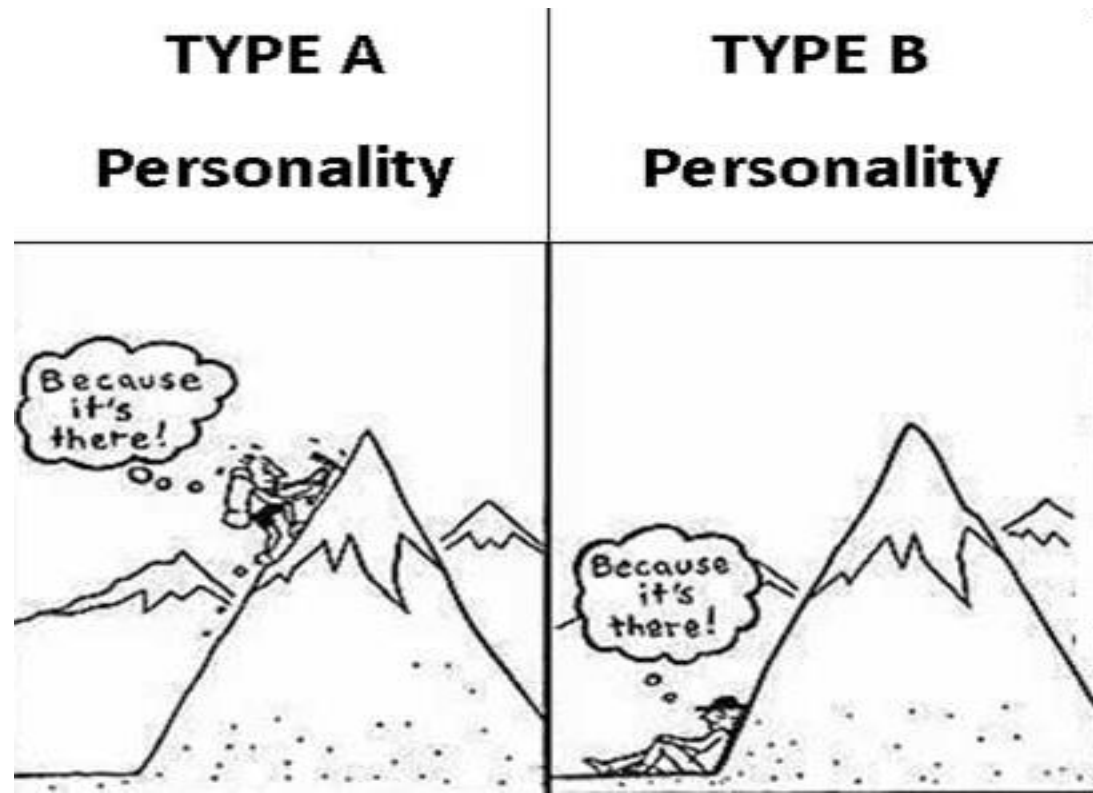
# Stress and Personality

## ⌘ Type A

☑ Friedman and Rosenman's term for people who are competitive, hard-driving, impatient, verbally aggressive, anger-prone

## ⌘ Type B

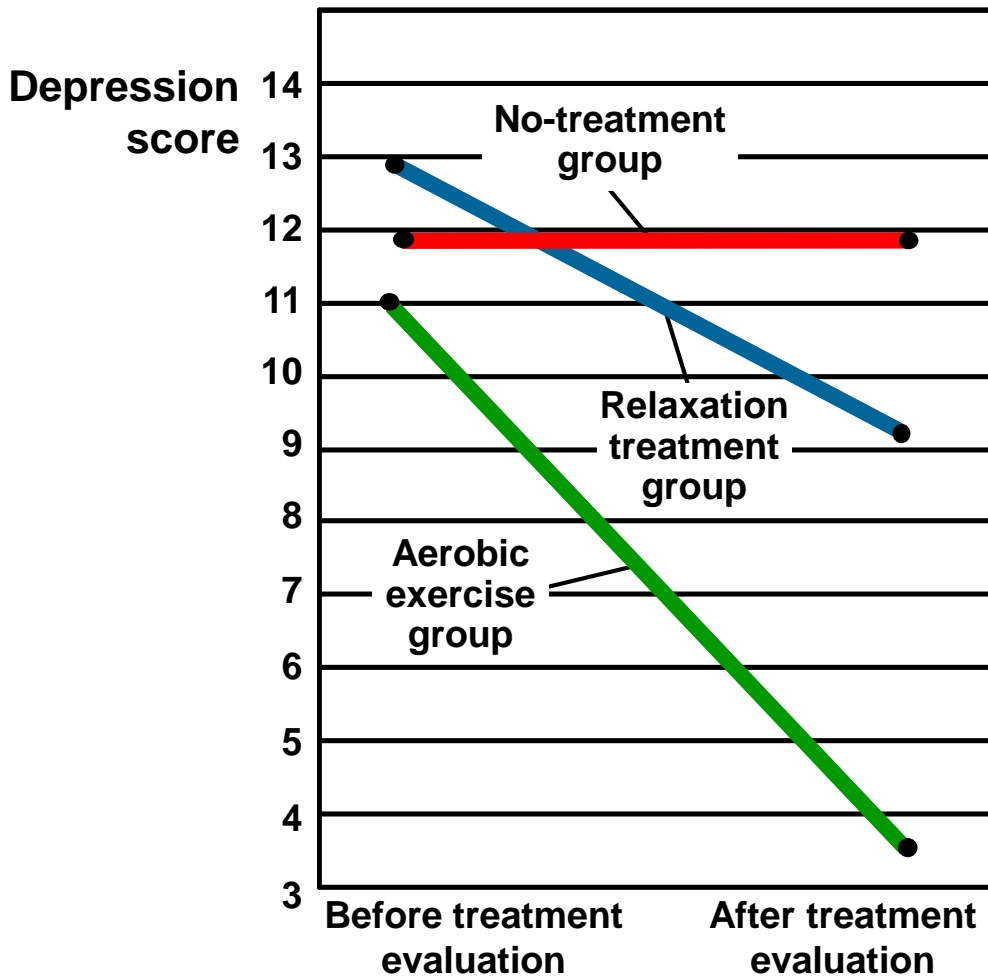
☑ Friedman and Rosenman's term for easygoing, relaxed people





You Want Something – Go Get It

# Promoting Health



## ⌘ Aerobic Exercise

- ⌘ sustained exercise that increases heart and lung fitness
- ⌘ may also alleviate depression and anxiety

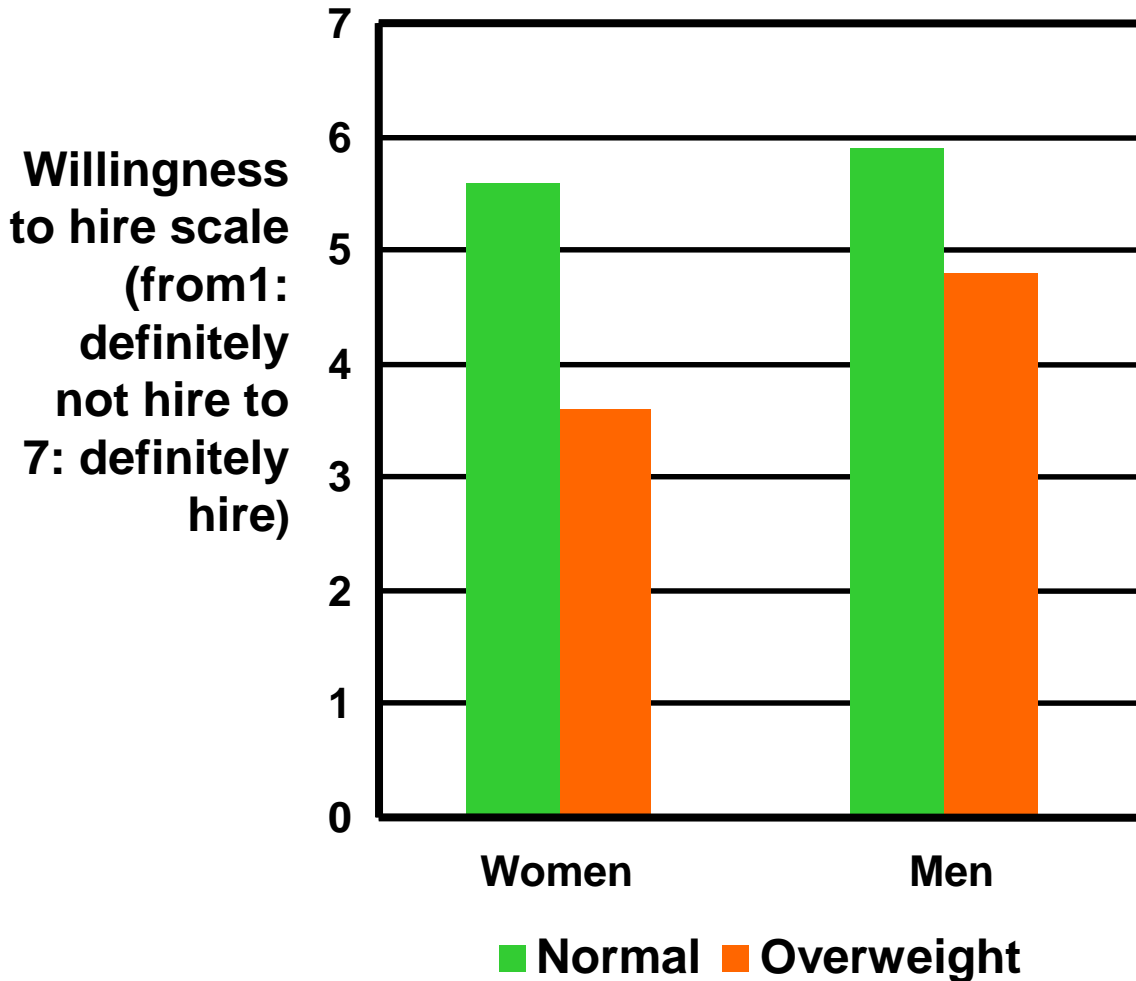




## The Inches Are All Around Us

(mute at 2:46)

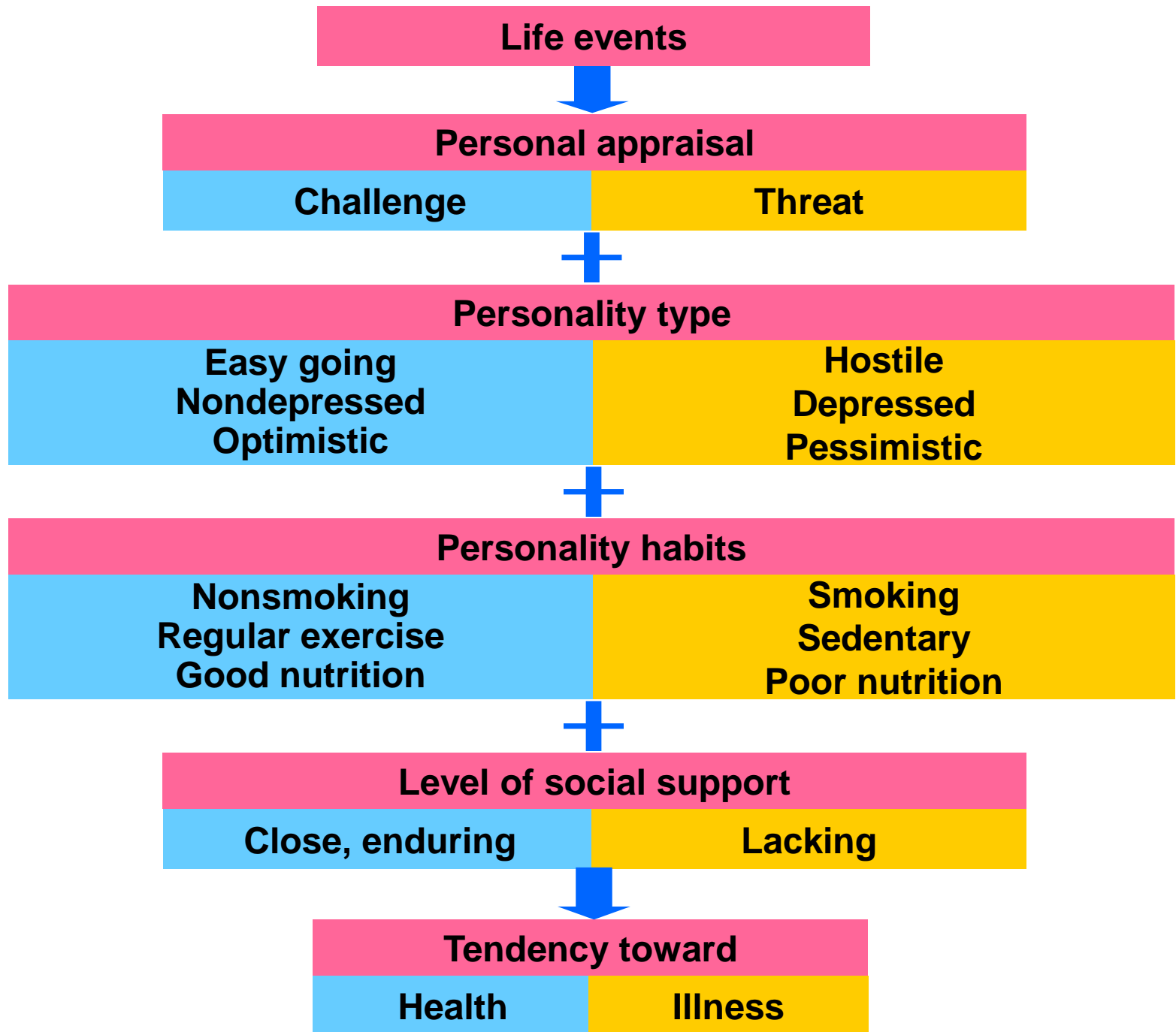
# Weight Discrimination



⌘ When women applicants were made to look overweight, subjects were less willing to hire



Everybody Was Against You

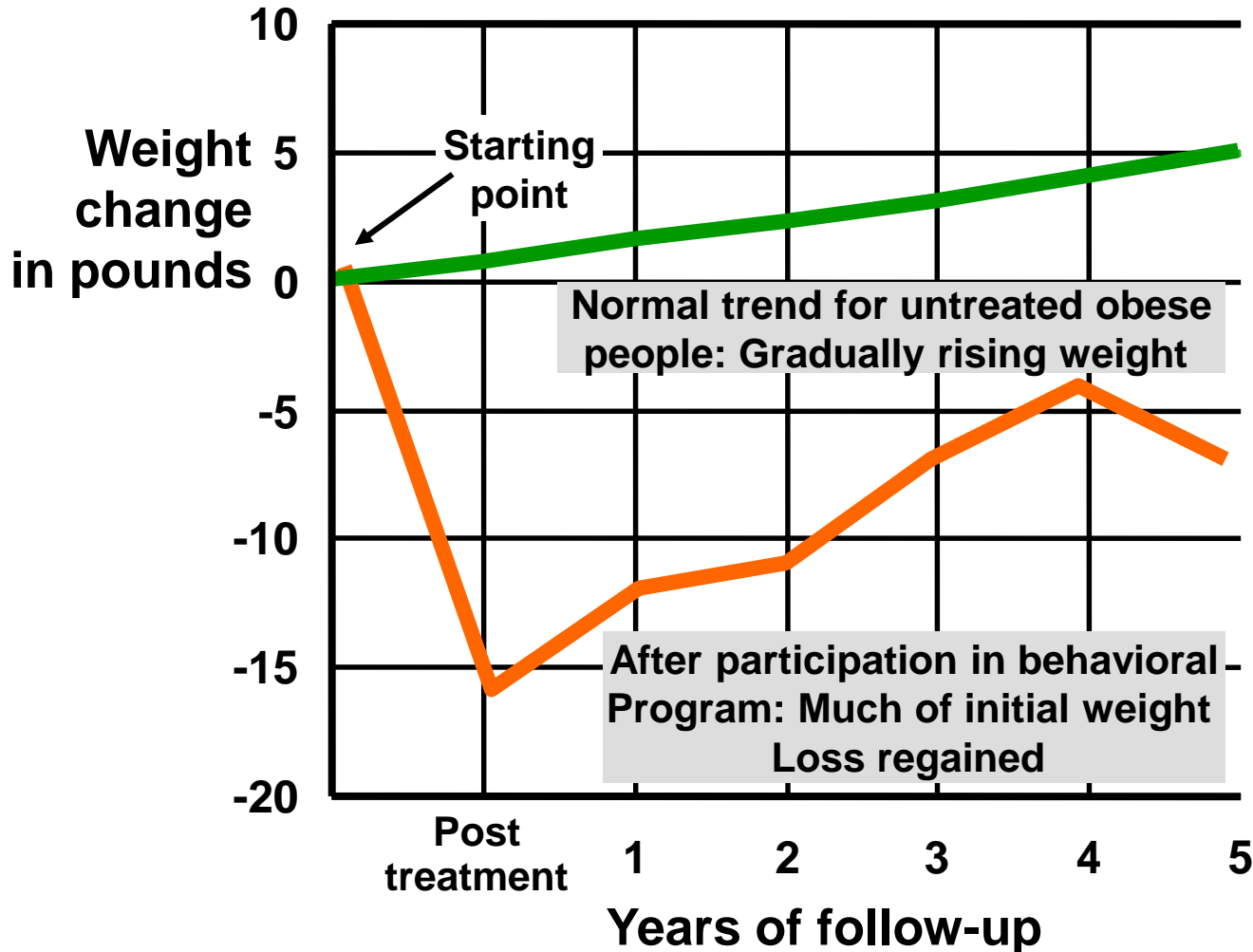


# Thoughts to Consider



Thoughts To Consider

# Weight Control



⌘ Most lost weight is regained