

College of Public Health News

February 13, 2015

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Impact of Physical Activity on Stress Tolerance

February 13, 2015



A collaborative study including Dr. Helen Bland, Professor of Community Health Behavior and Education [quantifies the impact of physical activity on stress tolerance in college students](#). College students are assaulted by numerous and constant personal, educational, and social stressors. Stress experience by millennial college students can be crippling. The purpose of this study was to quantify the impact of physical activity associated behaviors and exercise types significantly associated with high stress tolerance (HST) among college students. This study demonstrated the positive protective impact of physical activity behaviors and exercise on stress tolerance among college students.