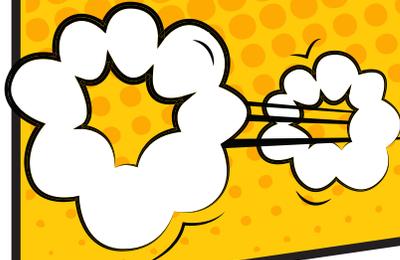


STRESS!

EXERCISE

CAN ACT AS A STRESS RELIEVER. ESPECIALLY AEROBIC EXERCISE, WHICH IS KNOWN TO RELEASE ENDORPHINS.

IN ANY FORM



43%

OF ALL ADULTS SUFFER ADVERSE HEALTH EFFECTS FROM STRESS.



THE CHANCE OF SUFFERING AN EMOTIONAL DISORDER DURING ONE'S LIFETIME IS MORE THAN

50%—

OFTEN DUE TO CHRONIC, UNTREATED STRESS REACTIONS.



THE OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION (OSHA) DECLARED STRESS A HAZARD OF THE WORKPLACE. OSHA SAYS STRESS COSTS AMERICAN INDUSTRY MORE THAN



ANNUALLY.

UP TO 90%

OF ALL DOCTOR'S OFFICE VISITS ARE FOR STRESS-RELATED AILMENTS AND COMPLAINTS.



LONG-TERM STRESS

CAN LEAD TO A WEAKENED IMMUNE SYSTEM, DEPRESSION AND ANXIETY.

SOURCE: www.webmd.com/balance/stress-management/effects-of-stress-on-your-body. This source is an independent company that provides wellness education on behalf of BlueCross and BlueShield of South Carolina.



South Carolina