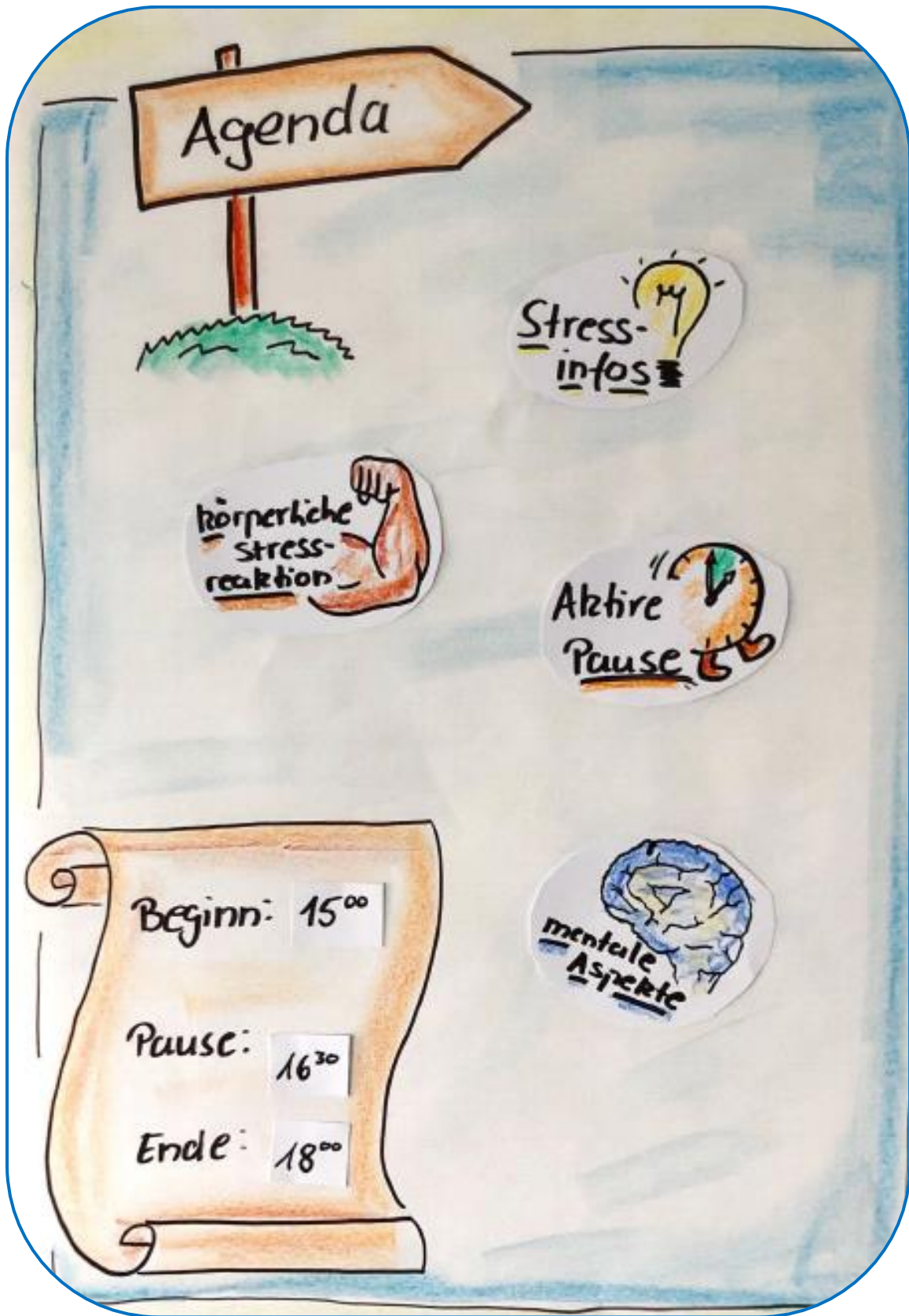
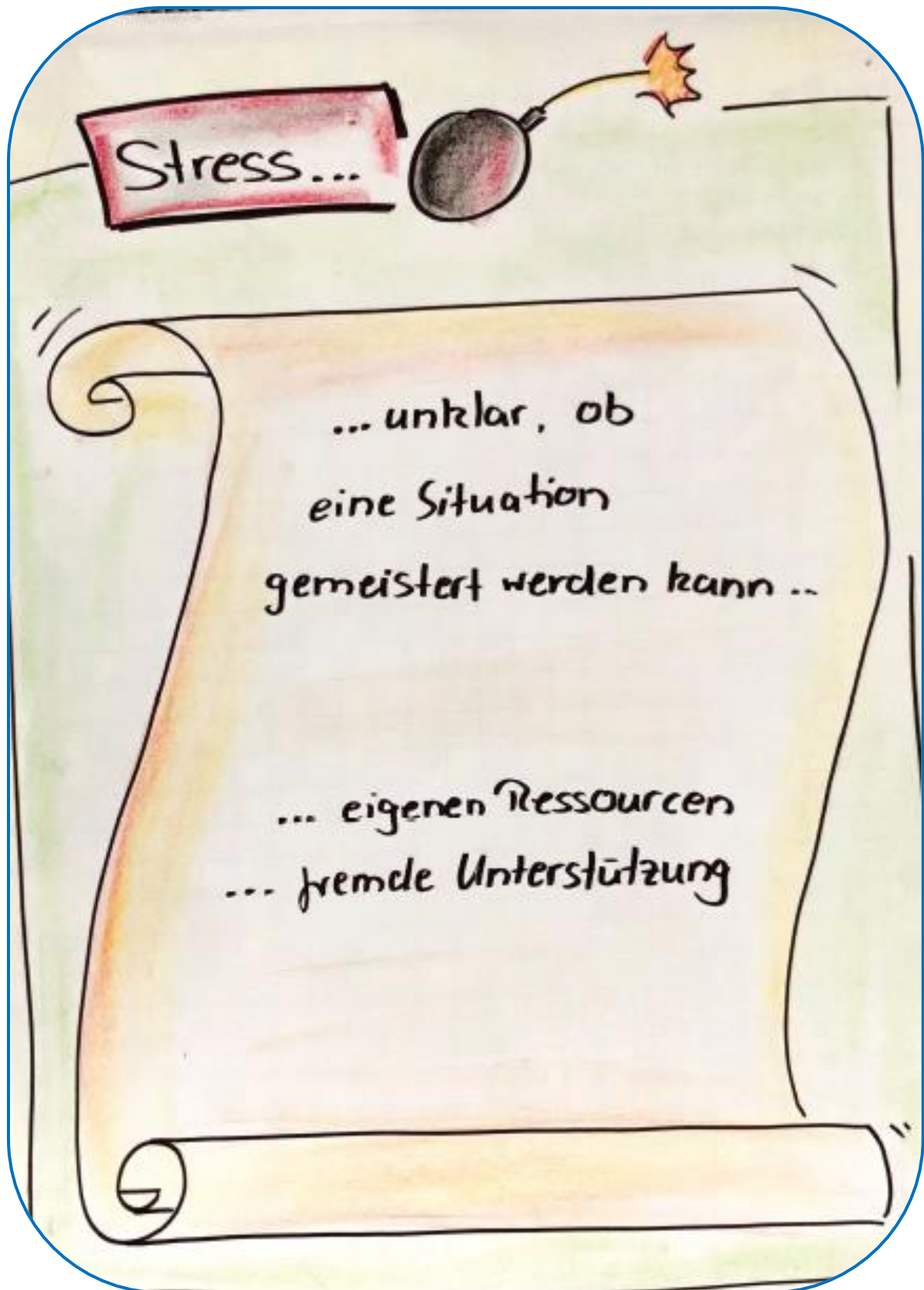


## AKTIV GEGEN STRESS!

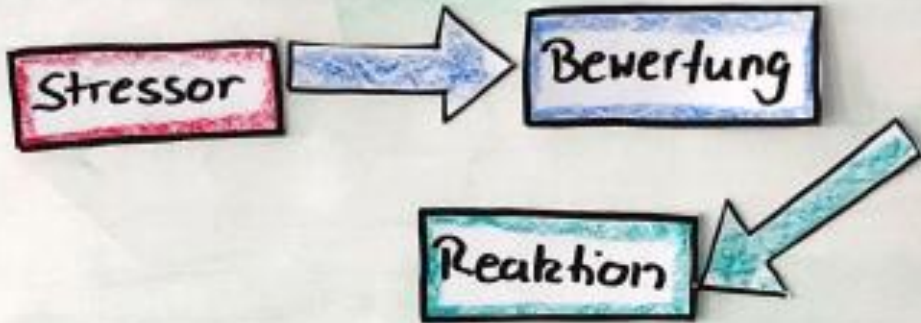
*Mit körperlicher und mentaler Fitness zu mehr Gelassenheit.*





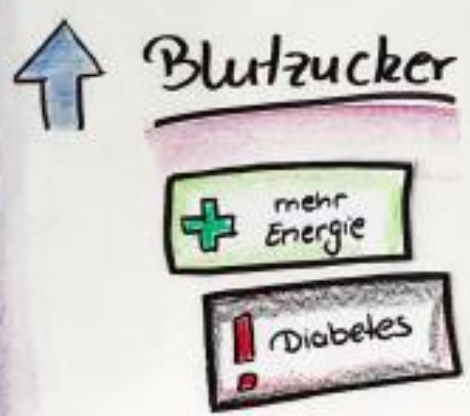
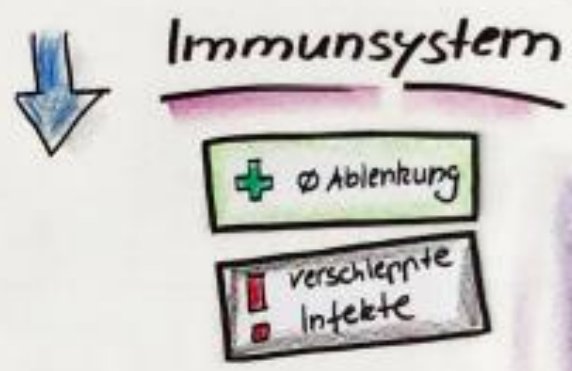
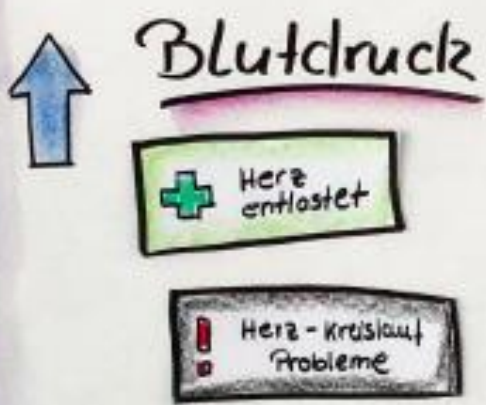
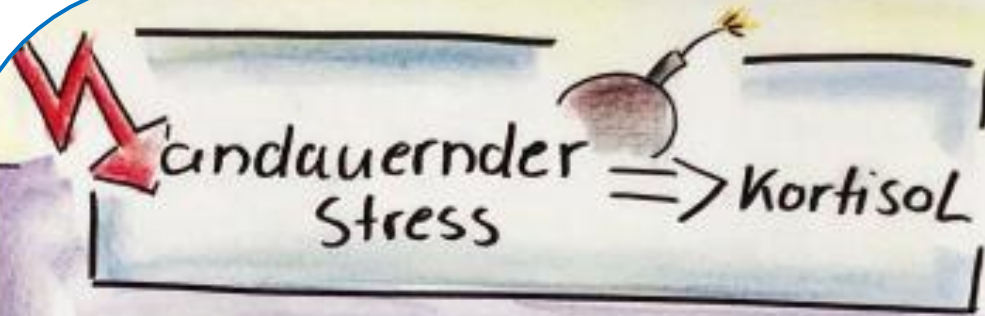


# die akute Stressreaktion



# die körperliche Stressantwort





# Darum ist Bewegung gut!



Energie-  
Abbau ✓

Stresshormone ↓

↑ Glückshormone

Fokus-  
verschiebung +

Abreagieren ✓

↑ Beweglichkeit

+ Körper-  
Gefühl

✓struktur  
im Alltag

↑ Selbstwirksamkeit

Immun-  
system ↑

