Health Connection: Stress Management

Your General Stress Profile

Regardless of your stress level and coping skills, this program provides useful information and skill building exercises that can help you reduce your negative responses to stress and move you toward the adoption of healthful stress reduction strategies to improve your overall health and well-being.

Stress Thermometer: Medium

Symptoms of Stress
Coping Behaviors and Attitudes
Positive Mental Strategy
Target Heart Rate Calculator

Age: 44

Max. Heart Rate: 176
Light min.: 44
Light max.: 80
Moderate min.: 88
Moderate max.: 124
Vigorous min.: 124
Vigorous max.: 150

*Heart beats per minute
Your data indicate that your BMI may be in the underweight range for your height and weight.
Health Connection: Food Smart

Challenges on the Path

So Rich, So Fudgy

"No thanks, I limit my fat to 30 grams a day; and I bet that's just full of saturated fats!"

"Absolutely. I'd die for chocolate! Give me Mary's share too!"

"Sure, I'll have some. Give me that smaller piece on the end, please."