

Publication

Review article: do exercise and fitness protect against stress-induced health complaints? : A review of the literature

Journalitem (Reviews, Editorials, Rezensionen, Urteilsanmerkungen etc. in einer wissenschaftlichen Zeitschrift)

ID 1197268

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Year 2009

Title Review article: do exercise and fitness protect against stress-induced health complaints? : A review of the literature

Journal Scandinavian journal of public health

Volume 37

Number 8

Pages 801-19

Keywords Buffer, exercise, fitness, health, physical activity, review, stress

Understanding how exercise influences health is important in designing public health interventions. At present, evidence suggests that there is a positive relationship between exercise and health. However, whether this relationship is partly due to the stress-moderating impact of exercise has been less frequently investigated although more and more people are taxed by stressful life circumstances.

Publisher Scandinavian University Press

ISSN/ISBN 1403-4948

edoc-URL <http://edoc.unibas.ch/dok/A6007423>

Full Text on edoc No;

Digital Object Identifier DOI 10.1177/1403494809350522

PubMed ID <http://www.ncbi.nlm.nih.gov/pubmed/19828772>

ISI-Number WOS:000271239600004

Document type (ISI) Journal Article, Review

Additional Information Variant title: Do exercise and fitness protect against stress-induced health complaints?