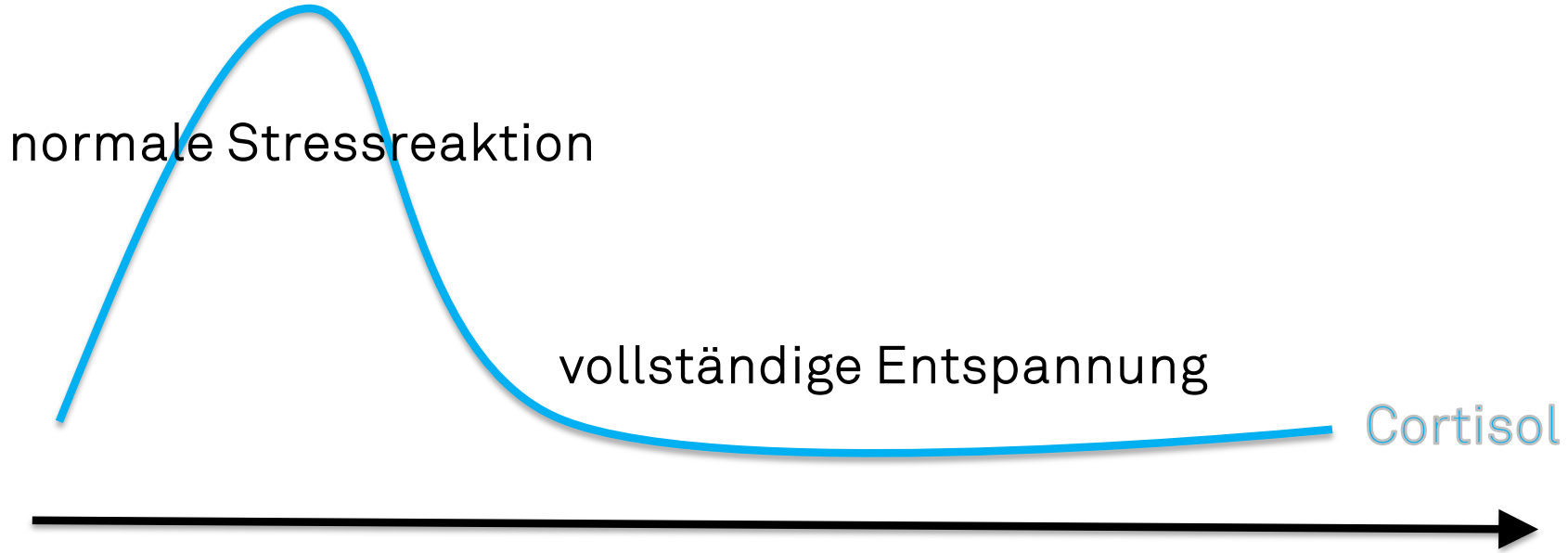
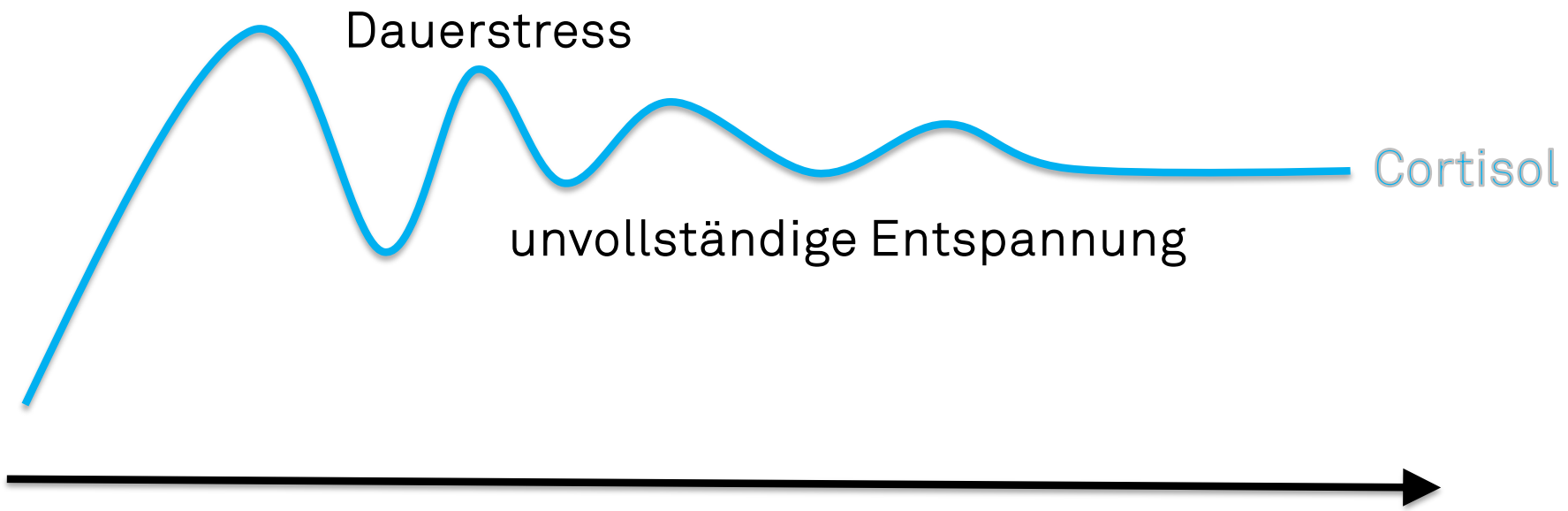

normale Stressreaktion
vollständige Entspannung
Cortisol

meier
-bieri

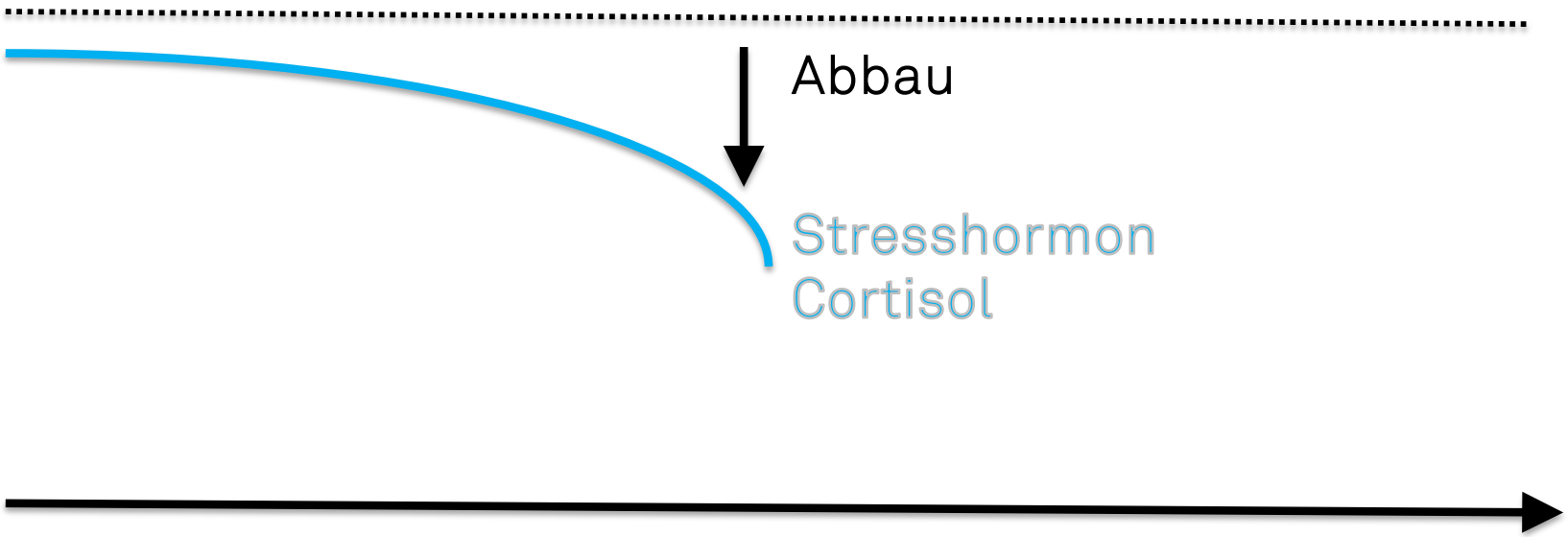


meier
-bieri

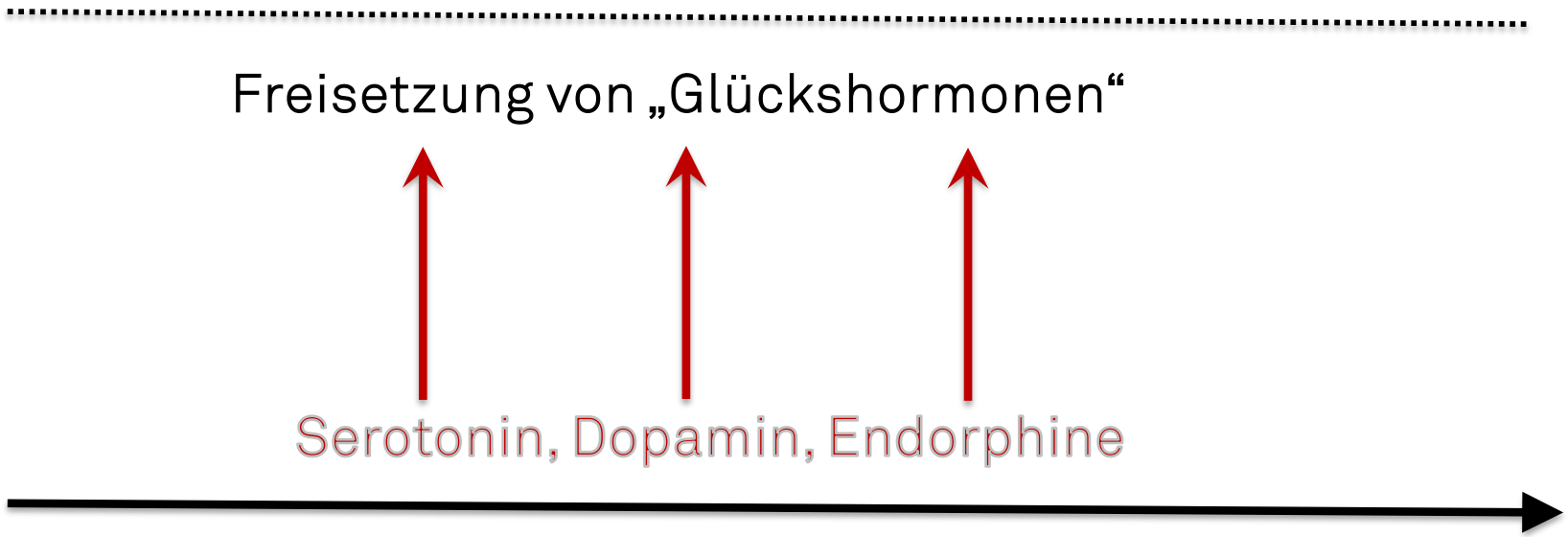
Die Wirkung von Sport

(moderate Pulsfrequenz, mind. 30 min., alle 2 Tage/Woche)

meier
-bieri



meier
-bieri


Freisetzung von „Glückshormonen“
Serotonin, Dopamin, Endorphine

meier
-bieri

Entspannungsnerv wird aktiviert

Parasympathikus

meier
-bieri