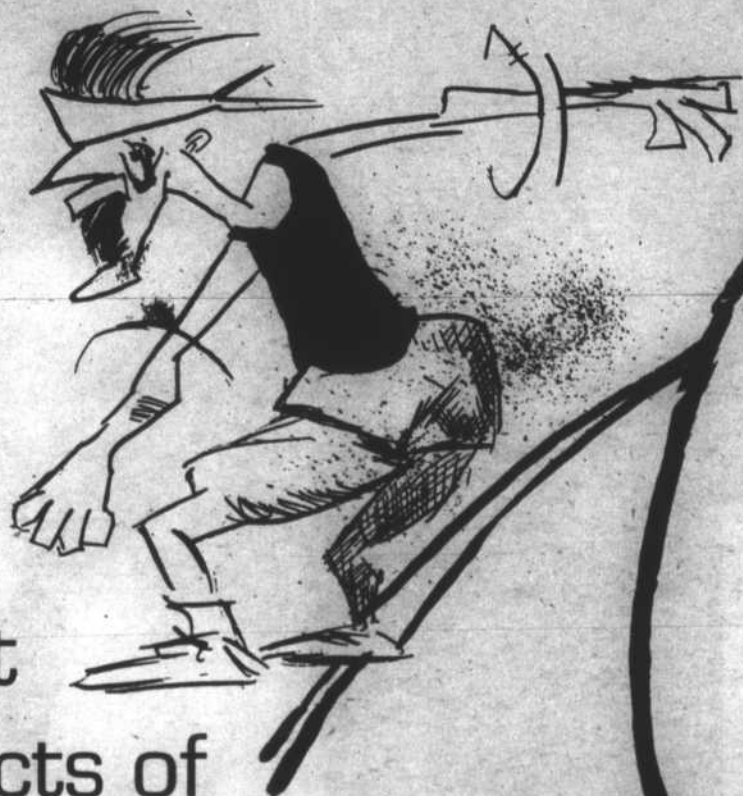


# Aerobics for the brain

Psychologist  
studies effects of  
exercise on stress



By Andrea Kaser

Speaking into a microphone in front of a TV camera is enough to make anyone's palms sweat, but you may handle it better if you go to aerobics class three times a week.

That's what Dr. Richard Dienstbier is trying to find out with his research in the psychology department.

For two years, the psychology professor has studied the effects of aerobic exercise on responses to stressful situations.

Dienstbier asked undergraduates in psychology courses to participate for \$200 and free aerobics classes in exchange for their time, he said.

Those who participated were not

aerobically active at the beginning of the study, he said.

Nearly 100 students took part in the study funded by a \$160,000 grant from the National Institute of Mental Health.

At the beginning of the study, all the group members underwent stress tests that included competing for money by solving math problems and giving speeches.

Half of the participants then took aerobics classes for a semester, while the other half remained didn't. At the end of the study, all participants repeated the stress tests.

Researchers took urine and saliva samples to determine hormonal reactions to the stressful situations, Dienstbier said. Participants' heart rates and temperatures were monitored also.

"They were a little hooked

