

# Allostasis and allostatic load



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## health puzzle...

- physical activity is **AMAZING**
- how do you start to make sense of **HOW** it does what it seems to do?
- what pathways or chain of events in the human body can help explain the impact of physical activity on such a wide variety of health conditions?





health puzzle...

**How does the body  
deal with stress?**



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# Allotstasis

**Allotstasis** is the process of achieving stability, or homeostasis, through physiological or behavioural change

**Allotstatic** load refers to cumulative negative effects, or the price the body pays for being forced to adapt to various psychosocial challenges and adverse environments (McEwen 1998)



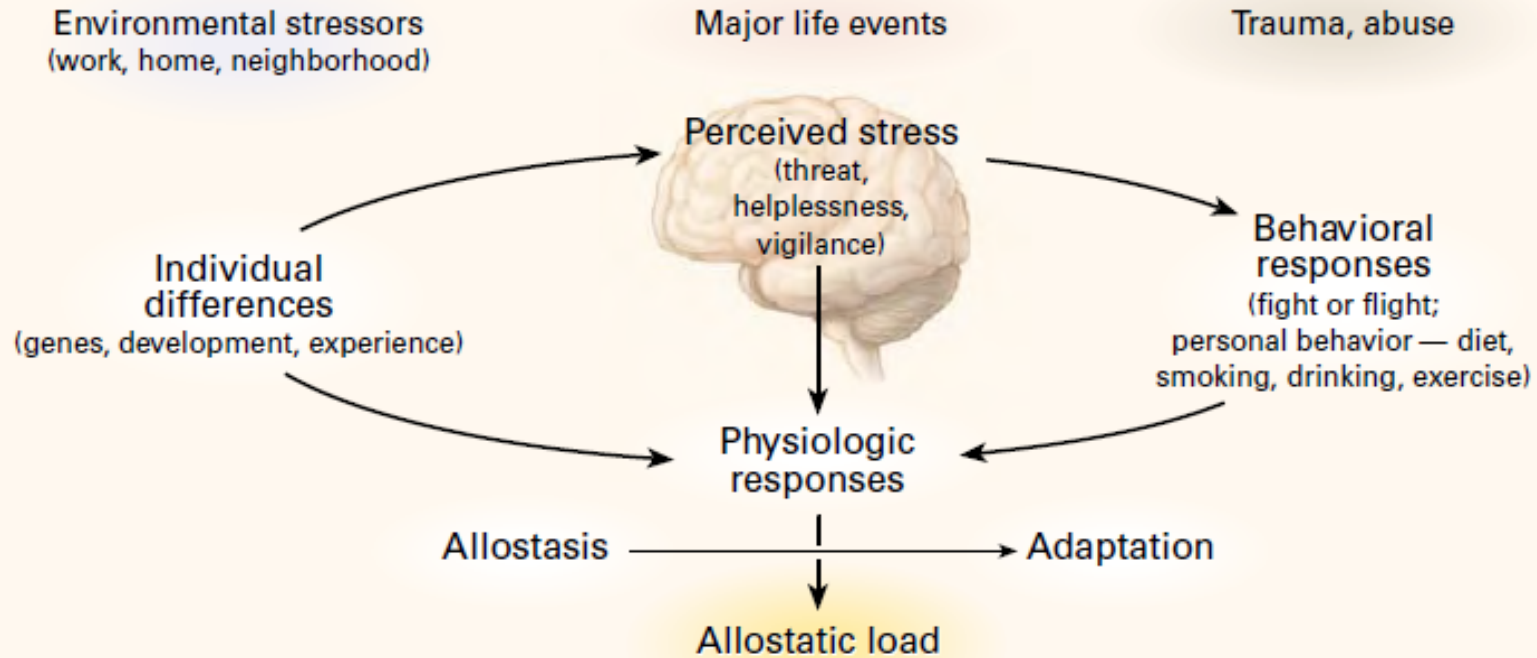


Figure 1: The Stress Response and Development of Allostatic Load

(McEwen 1998, p. 172)



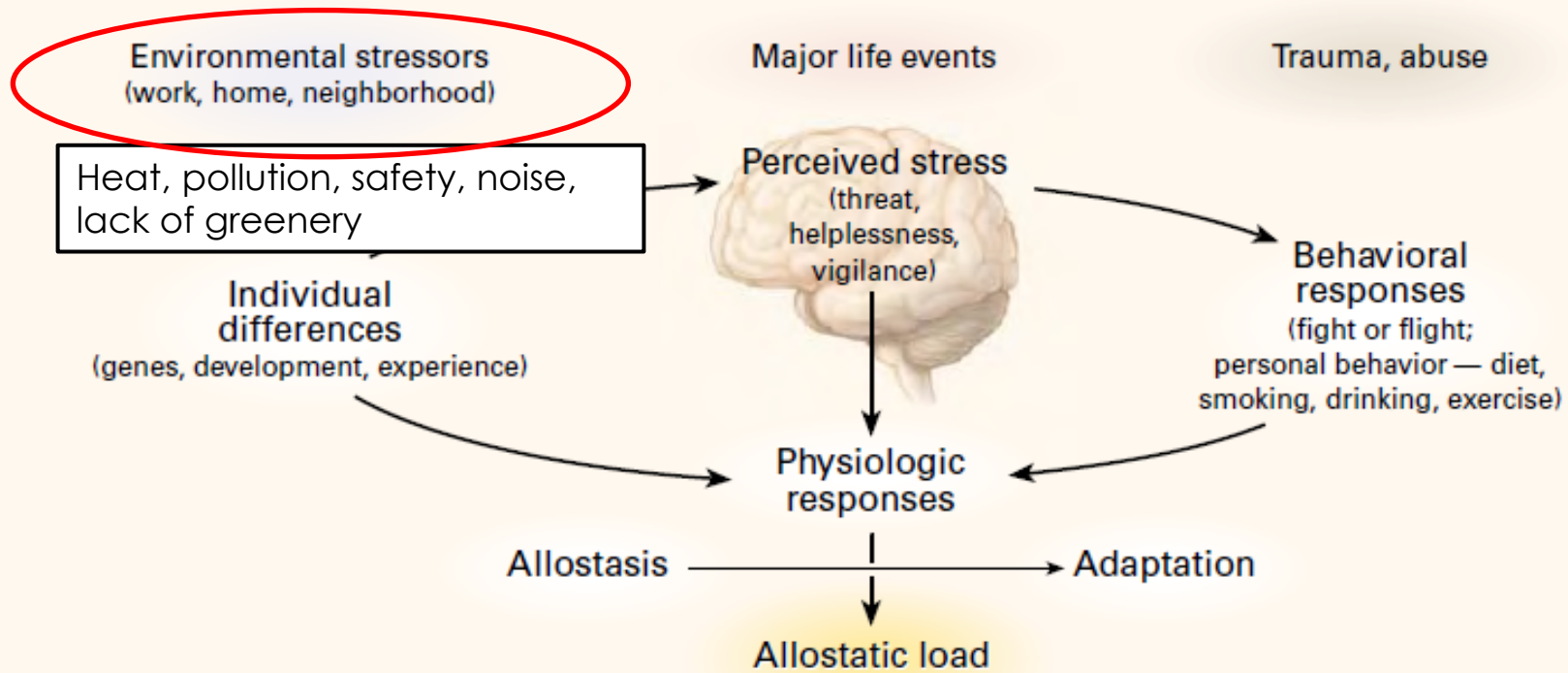


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(McEwen 1998, p. 172)

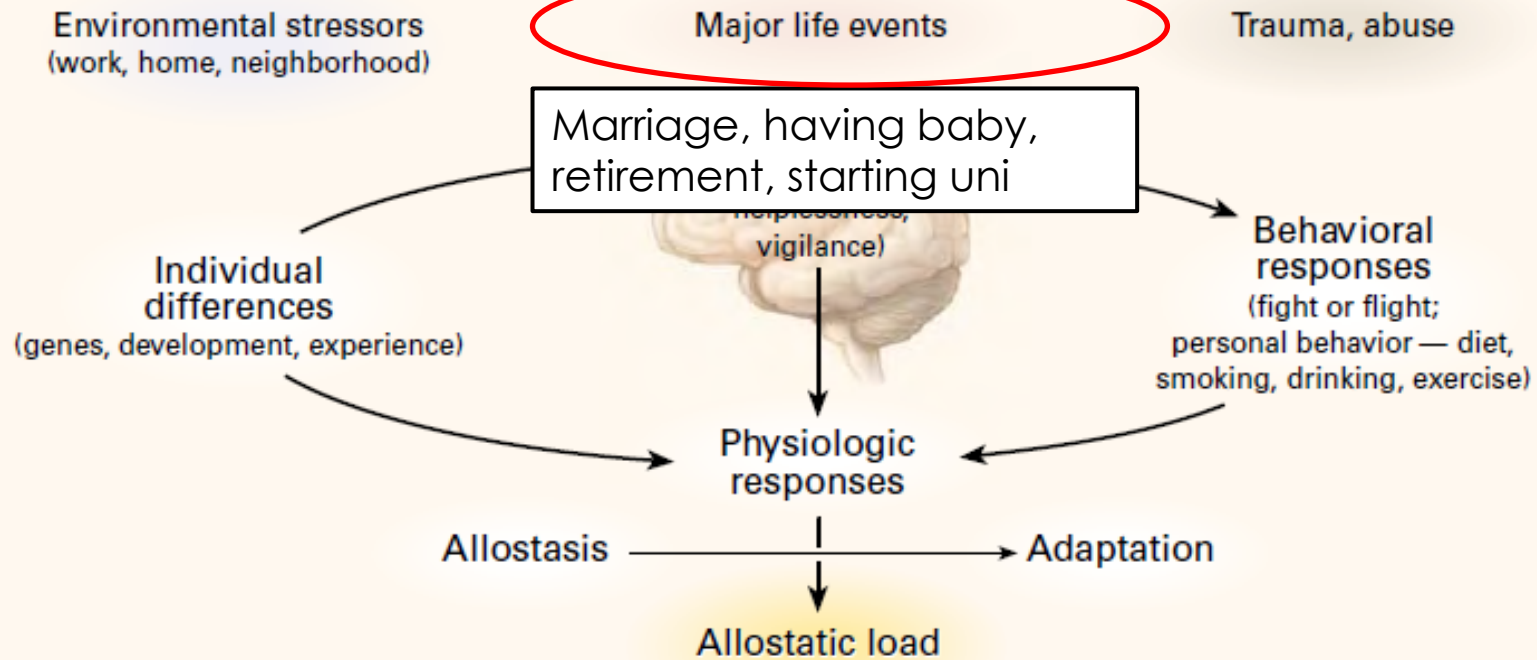


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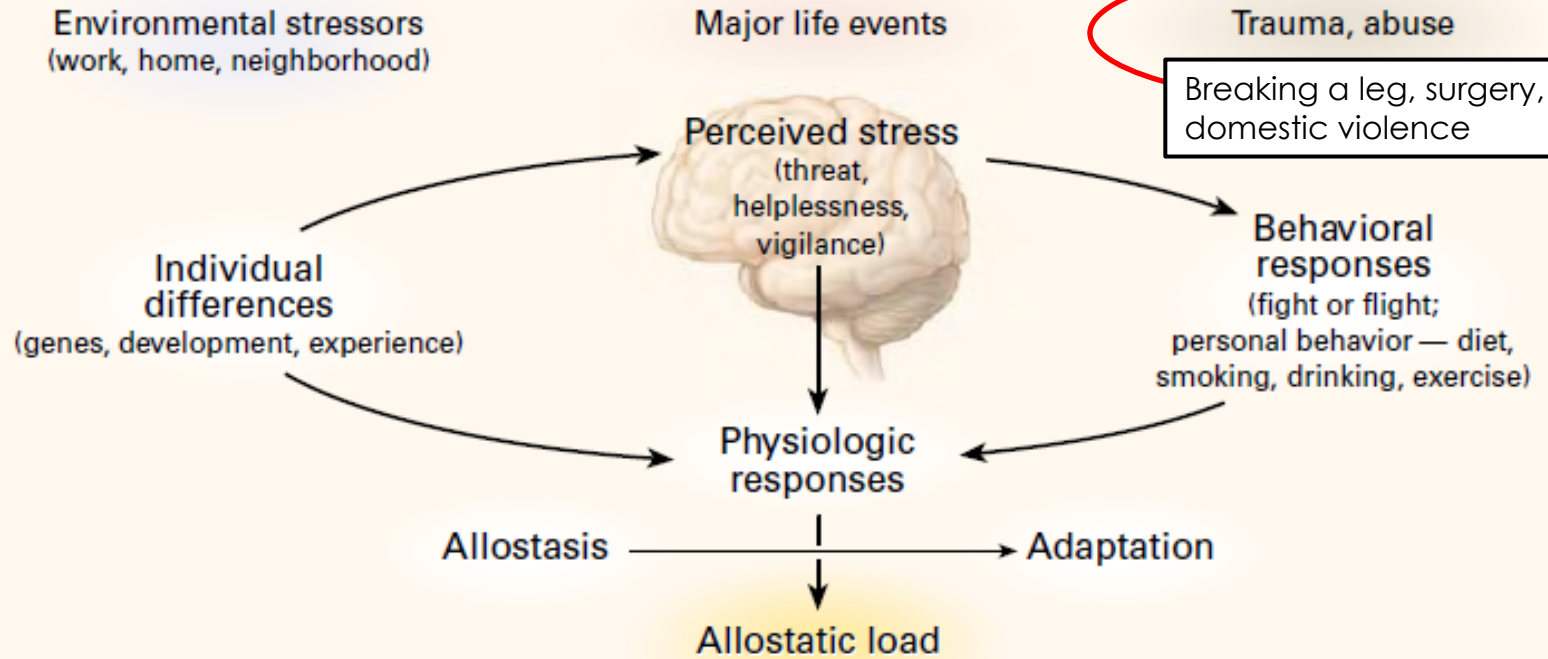


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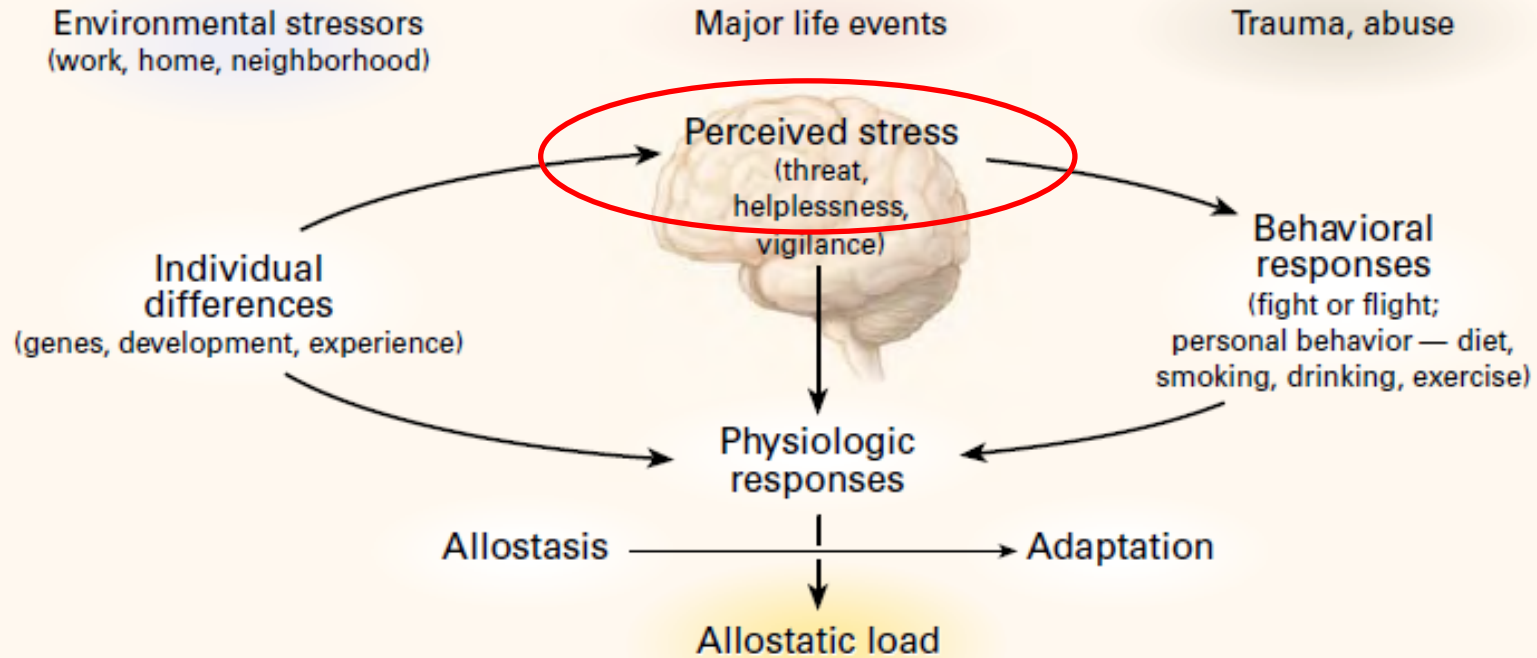


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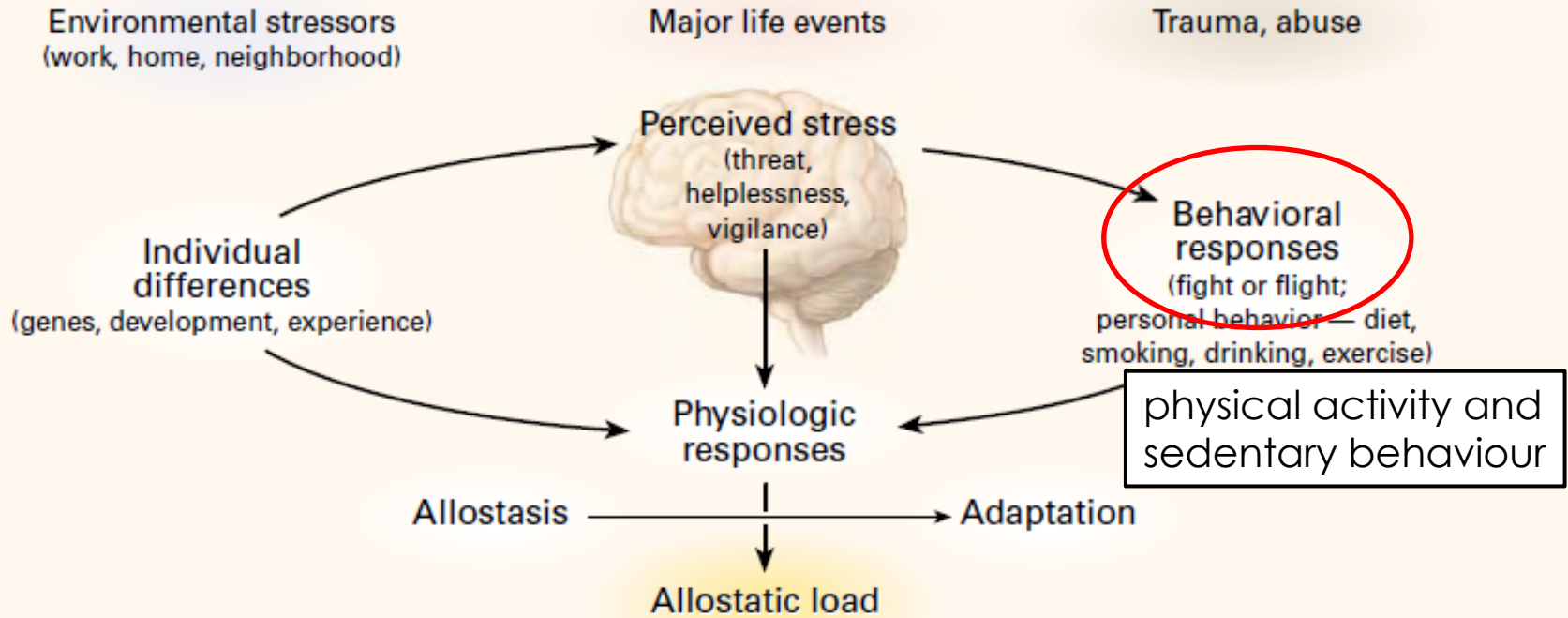


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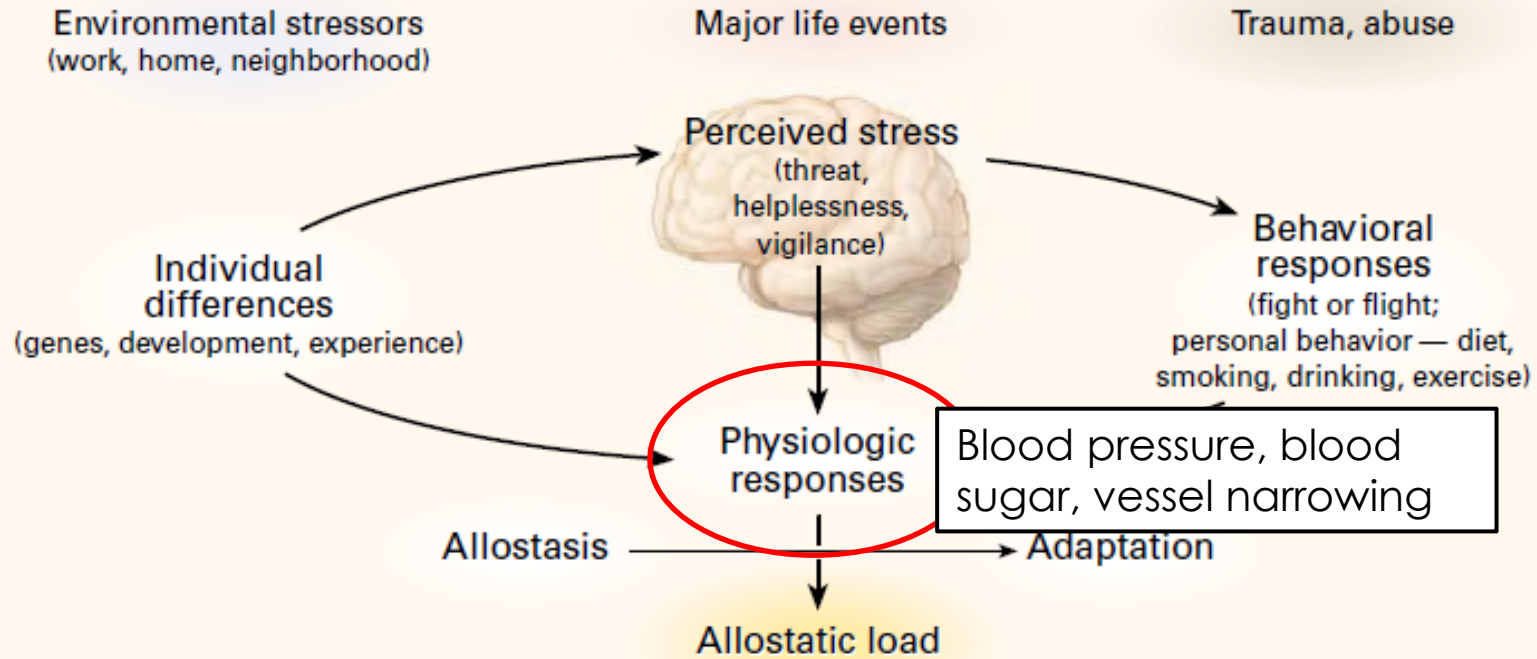


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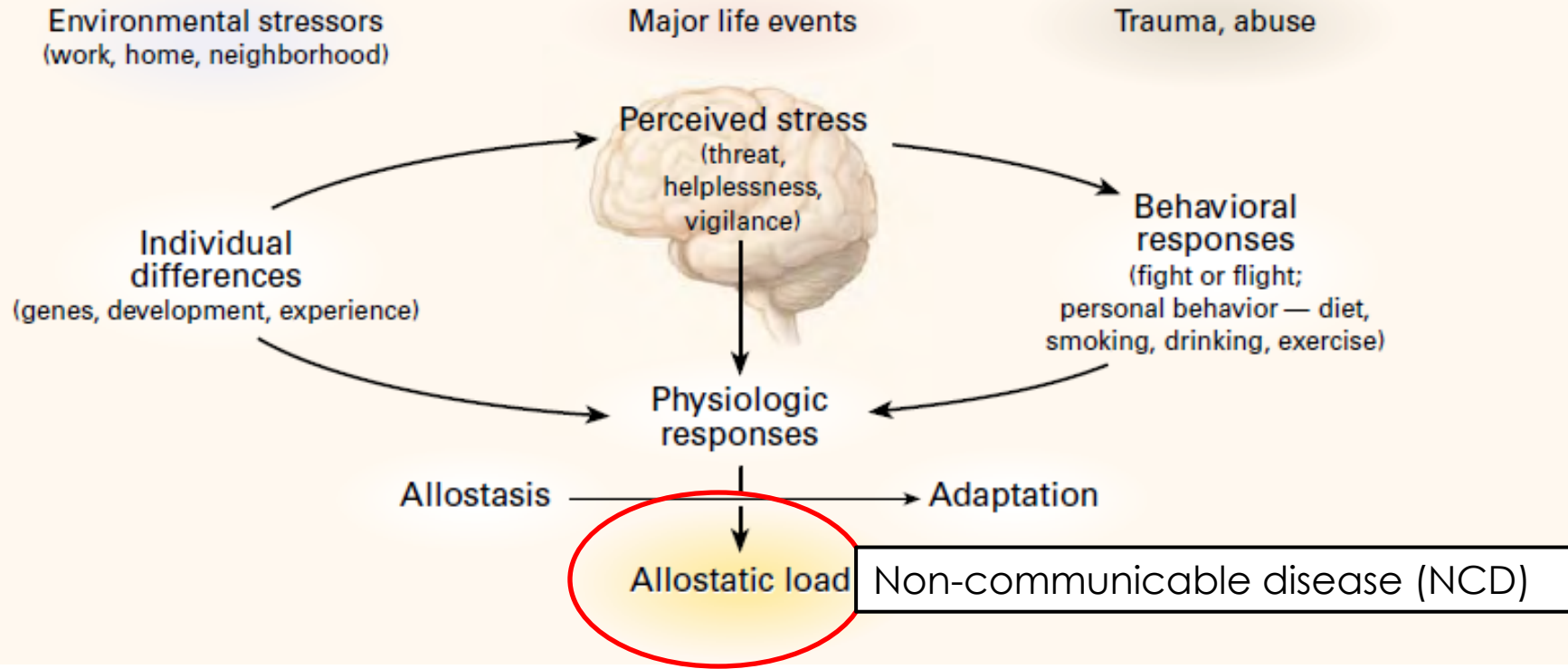


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# References

**McEwen, BS, 1998, 'Protective and damaging effects of stress mediators', New England Journal of Medicine, Vol. 338, no. 3, pp. 171-179.**

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