A one-way ANOVA was conducted to determine if the ability to cope with workplace-related stress (CWWS score) was different for groups with different physical activity levels. Participants were classified into four groups: sedentary (*n* = 7), low (*n* = 9), moderate (*n* = 8) and high levels of physical activity (*n* = 7). Data is presented as mean ± standard deviation. CWWS score was statistically significantly different between different physical activity groups, *F*(3, 27) = 8.316, *p* < .001. CWWS score increased from the sedentary (*M* = 4.15, *SD* = 0.77) to the low (*M* = 5.88, *SD* = 1.69), moderate (*M* = 7.12, *SD* = 1.57) and high (*M* = 7.51, *SD* = 1.24) physical activity groups, in that order. Tukey post hoc analysis revealed that the mean increase from sedentary to moderate (2.97, 95% CI [0.99, 4.96]) was statistically significant (*p* = .002), as well as the increase from sedentary to high (3.35, 95% CI [1.30, 5.40], *p* = .001), but no other group differences were statistically significant.