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|  | * Conclusion: My hypothesis, the more physically fit someone is, the less susceptible they will be to the effects of stress, seems to be well backed by the data that was collected through my survey. In order to prove my hypothesis my data should have shown that the higher the fitness score, meaning the person is more fit, will have a lower stress score, meaning the person feels less stress than those with a higher stress score. In interpreting the data their were people with high fitness scores and high stress score, however few, which disproved my hypothesis, but to make the best interpretation I had to average the stress scores according to area their fitness scores were in. A fitness score of under twenty meant below average fitness, between 20-40 meant below average fitness, 40-70 meant fit, and 70-100 meant high fitness level. After averaging the scores in these regions for men and women I found the same trend, as fitness scores increased the stress score decreased. These trends can be seen in the graphs in the data section. * Recommendations: Potential problems with my experiment are that the sample size was not large enough to make an absolute conclusion and I only surveyed in the city of Pleasanton which does not represent the average makeup of the United States.  For further investigations of the problem of does healthy body equate to a healthy mind could be done by investigating a persons overall health instead of just their level of fitness. As many people know how often one works out is not all there is to a persons health. | |
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