Effect of Exercise

Elevated Heart & Breathing Rate

After **exercise**, these stay elevated to repay **oxygen debt** and remove lactic acid.

Increased Breathing Rate

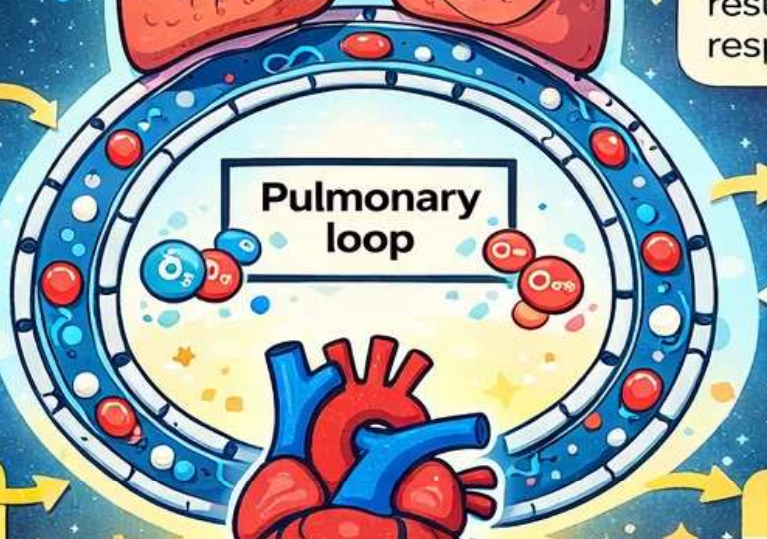
To take in more **oxygen** and remove more carbon dioxide.

Carbon Dloxide Production

Increases as a result of faster respiration.

Blood Flow

Oxygen is carried by red blood cells



Vasodilation

Blood vessels widen to increase blood flow & **release heat.**

Increased Heart Rate

To pump more **oxygenated** blood to the muscles.

Lactic Acid Buildup

Lactic acid builds up in muscles causing fatigue and cramps.

Increased Heart Rate

To pump more **oxygenated** blood to the muscles.

Increased Body Temperature

Causes **sweating**, which helps cool the body.

Depleted Energy Stores

Muscles use up **glucose** and **glycogen** for energy during activity.

Faster Muscle Respiration

Muscles use more **oxygen** and **glucose** for energy.