

Exercise and Changes in Your Body

- 1. Your heart beats stronger and faster**
- 2. Your breathing quickens and deepens**
- 3. Your body temperature increases**
- 4. You start to sweat**
- 5. Your muscles begin to ache**

Effects of Regular Training and Exercise

- 1. The heart pumps more blood per beat**
- 2. The recovery rate becomes quicker**
- 3. The resting pulse rate becomes lower**
- 4. The number of capillaries increases**

Long Term Benefits of Exercise

- 1. It reduces the risk of coronary heart disease**
- 2. You can work harder for longer**
- 3. It improves the Cardiovascular System and helps to reduce blood pressure**
- 4. It helps to reduce stress and burn off excess calories**