

BENEFITS OF PHYSICAL ACTIVITY TO THE CARDIOVASCULAR SYSTEM

Heart	<ul style="list-style-type: none">• Muscle gets stronger• Pumps more blood per beat• Beats slower• Works more efficiently
Lungs	<ul style="list-style-type: none">• Breathe slower but deeper during activity• Work more efficiently• Deliver more oxygen to the blood
Arteries	<ul style="list-style-type: none">• Less risk of atherosclerosis• Lower blood pressure• Less risk of blood clot leading to heart attack• Development of extra blood vessels• Bigger arteries and more blood flow
Veins	<ul style="list-style-type: none">• Healthy valves
Blood	<ul style="list-style-type: none">• Less bad cholesterol (LDL) and fats• More good cholesterol (HDL)• Less of the substances that cause clots
Cells	<ul style="list-style-type: none">• Use oxygen efficiently• Get rid of more wastes• Use blood sugars and insulin more effectively to produce energy