



# Reproducible Master 7-3

For use with Lesson 3 (Figure 7.5)

## Benefits of Aerobic Activity

Which of these benefits are observable? Can you think of methods to measure any of these benefits?

<p><b>Heart and Lungs:</b></p> <ul style="list-style-type: none"><li>• Lower resting heart rate</li><li>• Increases in stroke volume at rest and maximal exercise</li><li>• Decreases in heart rate at moderate levels of aerobic activity</li><li>• Lower blood pressure during sub-maximal aerobic exercise</li><li>• Better ability to maintain high breathing rates for longer periods of time</li></ul>	<p><b>Muscle Cells and Bones:</b></p> <ul style="list-style-type: none"><li>• Increased ability to use oxygen in cells</li><li>• Increased ability to store (energy) glycogen</li><li>• Increased ability to use fat as a fuel</li><li>• Increase number of red blood cells and capillaries</li><li>• Can help increase bone strength which helps prevent osteoporosis</li></ul>
<p><b>Blood and Arteries:</b></p> <ul style="list-style-type: none"><li>• Higher HDL "good" cholesterol</li><li>• Lower LDL cholesterol and other "bad" blood fats</li><li>• Higher hemoglobin levels</li><li>• Decrease in blood stickiness</li><li>• Lowered risk of atherosclerosis</li><li>• Better blood flow</li><li>• Lower blood pressure at rest</li><li>• Improved ability to deliver oxygen to tissues and organs</li></ul>	<p><b>Body Composition:</b></p> <ul style="list-style-type: none"><li>• Helps burn calories and control body weight</li><li>• Helps increase muscle mass</li></ul> <p><b>Emotions:</b></p> <ul style="list-style-type: none"><li>• Reduces stress levels</li><li>• Improves regulation of stress hormones</li></ul> <p><b>Image and Lifestyle:</b></p> <ul style="list-style-type: none"><li>• Improves self-image</li><li>• Improves personal appearance with weight control</li><li>• Increases functional health and functional fitness as you age and can increase your longevity</li></ul>