



# Long Term Effects of Exercise

Over time, exercise can have different long term effects on the body that help the body adapt and cope with the demands of a sport/physical activity.

**Task 1:** How many long term effects of exercise can you think of?



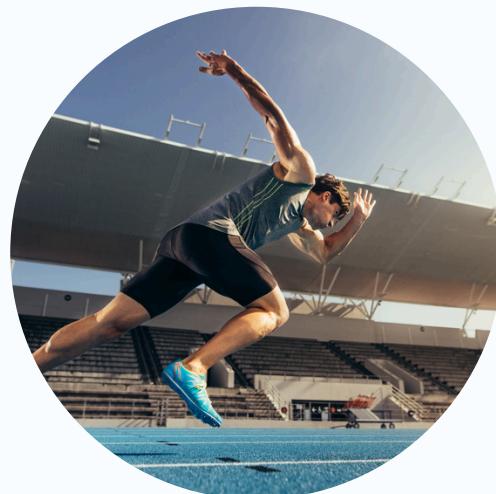
**Long distance running**

**Task 2:** Categorise the long term effects into the following body systems:

- Cardiovascular system
- Respiratory system
- Muscular system



**Weight lifting**



**Sprinting**

**Task 3:** For the activities above, describe two long term effects that will occur as a result of the activity.

**Extension:** How does hypertrophy impact performance for one of the activities above?