

Long term adaptations to regular Aerobic exercise, include : TRUE or FALSE	
The heart increases in size	TRUE
Decreased Stroke Volume	FALSE – Stroke Volume actually increases as there is more volume of blood per beat of the heart
Blood Pressure increases	FALSE – Blood Pressure decreases and normalises. Research shows it can reduce up to 10mmHg per Systolic and Diastolic with regular exercise
Increased vital capacity	TRUE
Increased VO2 Max – maximal o2 uptake	TRUE
Capillarisation in the muscles Decrease	FALSE – increased capillarisation occurs in the muscles, to allow for greater blood flow to the muscle tissue – and therefore better oxygen and nutrient supply and easier removal of waste (just like building more roads in a town, to improve accessibility)
Mitochondria in the muscles increase	TRUE
Makes depression and anxiety worse	FALSE – regular exercise is proven to reduce depression and anxiety, due to increased blood flow and endorphins as well as distraction from daily routine
Bone Density increases	TRUE

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G Thomas



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