Central nervous system

Regulation of physiological responses to exercise through somatic and autonomic systems. Cerebral blood flow and oxygen supply well maintained.

Metabolism

- † Liver glucose output, mainly from glycogenolysis, but also gluconeogenesis
- Adipose tissue lipolysis and FFA mobilization

Skin

† Sweat rate for heat dissipation (max ~2-3 l/h)

> Major effects on fluid homeostasis, cardiovascular function, temperature regulation and metabolism

Oxygen transport

- ↑ Whole-body O₂ uptake (max ~7 I/min or 80–90 ml/kg/min in elite athletes)
- † Heart rate (max ~200 bpm) and cardiac output (max ~40 l/min)
- Yentilation (max ~200 l/min), arterial PO₂ and hemoglobin saturation generally well maintained

Skeletal muscle

- ↑ ATP turnover
- † Glycogenolysis, glucose uptake, lipolysis, and FFA uptake
- † O₂ utilization, CO₂ and heat production
- Blood flow, capillary recruitment Release of biologically active molecules ("myokines") with autocrine, paracrine, and endocrine effects

The Chemical Basis Of Physiological Regulation

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