

# Effects of physical activity

What is the time frame in which a beginner can expect to see effects?

**immediately**



**The brain and nervous system**

- Concentration and attentiveness improve.
- Energy levels increase due to the following factors:
  - Nerve impulses increase and become more intense as neurotransmitter secretion increases.
  - Activity of the sympathetic nervous system responsible for activating the body increases.
  - Blood flow to the brain increases and the frontal lobe is activated.
- After physical activity, the calming parasympathetic nervous system is activated and the body relaxes, which can make it easier to fall asleep and may improve the quality of sleep.

**Muscles and metabolism**

- Increased blood flow brings oxygen, glucose, and lipids to the muscles to fuel muscle work.
- Energy consumption increases, which has a positive effect on lipid and glucose levels.

**Respiratory and circulatory system**

- Physical activity increases the heart rate, breathing rate and blood flow.
- After physical activity, the resting blood pressure decreases.

**Joints**

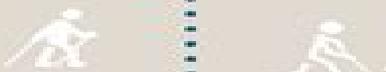
- Metabolism is improved in the joint cartilage and surrounding supporting tissues. Synovial fluid lubricates the joint surfaces, and the range of motion of the joints increases.
- Pain may be relieved.

## The effects of regular physical activity

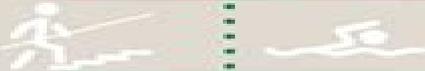
**within a couple of weeks**



**within a few months**



**within six months**



**in the future**



**Mood improves, stress, mild symptoms of depression and anxiety may be alleviated.**

- Sleep may increase in duration and include fewer disruptions.
- Muscle performance improves as nerve impulses to the muscles become more efficient.
- Balance, agility, and coordination improve.
- Possible musculoskeletal pain is alleviated.

**Brain functions and well-being improve as the positive effects on the nervous system and blood vessels continue.**

- Basal metabolism is enhanced, and fat cells lose fat.
- Resting heart rate and blood pressure decrease, heart muscle and respiratory muscle function improves, and lung and vascular function is enhanced. This will improve endurance.
- Muscle strength increases as size of the muscle cells grows.
- The risk of prolonged back pain is reduced.
- Movement maintains functional capacity and can ease other musculoskeletal pains.

**Functional connections between brain structures are reinforced.**

- Stress tolerance improves.
- Blood lipid levels improve.
- Glucose metabolism is enhanced.
- Blood pressure decreases as the condition and function of the arteries improve.
- Immune system function is boosted.

**The brain continues to undergo functional and structural changes that improve thinking and memory functions and reduce the risk of memory disorders.**

- The risk of many other diseases is reduced. These include: cardiovascular diseases, type 2 diabetes, musculoskeletal conditions, many cancers such as bowel, breast, and prostate cancer
- Weight management becomes easier.
- Bones get stronger.
- The positive effects of exercise on intestinal bacteria will be reflected in overall health.
- The need for medication may decrease.

# Biological Effects Of Physical Activity

**Jessica J Manson**



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