Outline
Cardio System and American Health
  1. Effect of Exercise
  2. Effect of Aerobic Training
  3. Artery Disease: Atherosclerosis

1. Effect of Exercise

a. Exercise begins at cardiovascular center

b. Effect on cardiac output
c. Effect on blood vessels

d. Local effect at muscle tissue
2. Effect of Aerobic Training

Hypertrophy of the heart
Bad hypertrophy

3. Artery Disease
   a. Atherosclerosis

http://www.youtube.com/watch?v=-uEua_Nyfl4
Effects of Atherosclerosis

Treatment of Atherosclerosis