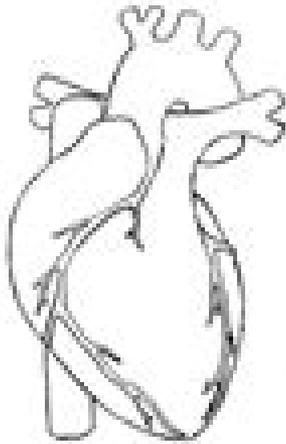


↑ stroke volume  
↑ cardiac output



↑ self confidence  
↓ depression

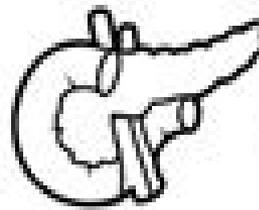


↑ oxygen extraction  
↑ FEV1

↑ cardiorespiratory fitness



↓ diabetes  
↓ metabolic disease  
↓ obesity



↑ muscle function  
↑ motoric skills



# Sports Body Health

**Richard Bailey**



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