

Magic of Heart Rate:

Exercising and cardiovascular system

When you exercise you start gasping air and your heart beats faster. We have composed this infographic to explain why does this happen to you and how does it improve your physical fitness.

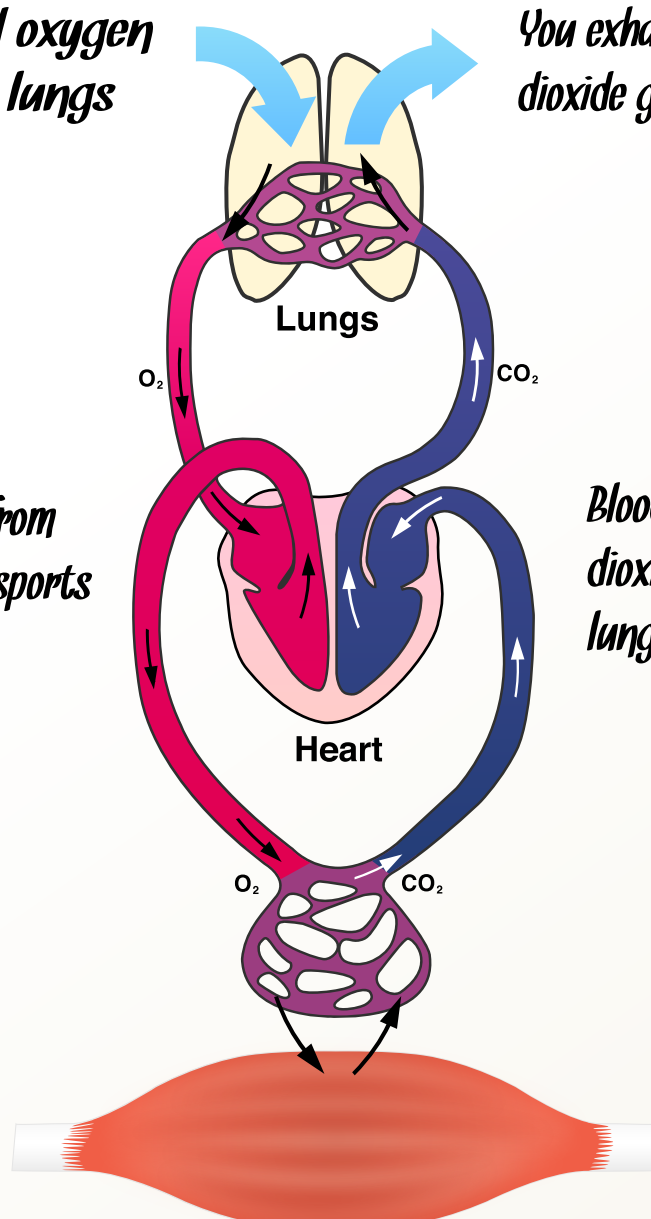
Oxygen transportation

You inhale and oxygen gets into your lungs

You exhale and the carbon dioxide gets out of your body

Blood takes oxygen from your lungs and transports it to your muscles

Blood transports carbon dioxide from muscles to lungs



Muscles use oxygen for energy production and give back carbon dioxide. The harder you work out the more oxygen your muscles need.

Exercising improves cardiovascular system in multiple ways:



Ventilation

Increases the amount of air that you inhale and exhale within a minute - you get more oxygen.



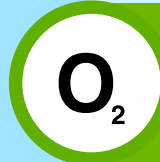
Heart muscle and its stroke volume

Larger amount of blood can be pumped by the heart with each beat - better transportation.



Red blood cells and hemoglobin

More red blood cells and more hemoglobin in your blood - higher transportation quality.



Maximal oxygen uptake

You can consume more oxygen at maximal effort - better aerobic performance.



Formation of new capillaries

More little blood-vessels that oxygenate the muscles - better distribution channels.



Elasticity of your blood vessels

The ability of blood vessels to expand and contract - prevents cardiovascular diseases.



Blood volume

The amount of blood in your body - greater delivery of oxygen and more water for sweating.



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