

BENEFITS OF EXERCISES DONE AT AKRON UNIVERSITY

	<u>DECREASE</u>	<u>INCREASE</u>
Movement Time	Decrease	
Immunity to Disease		Increase
Body Fat	Decrease	
Stress and Tension	Decrease	
Heart Rate	Decrease	
Blood Pressure	Decrease	
Chance of Heart Attack	Decrease	
Strength		Increase
Quality of Blood		Increase
Respiratory Efficiency		Increase
Chance of Back Pain	Decrease	
Vitality		Increase
Process of Aging	Delays	
Ability to Meet Emergencies		Increase
Motor Skill		Increase
Efficiency of the Heart		Increase
Recovery Time After Exercise	Decrease	
Oxygen Consumption		Increase
Muscular Efficiency		Increase
Functional Efficiency		Increase