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| **1.1e** | **Short term effects of exercise**  |
| 1. In each box state all short-term effects.
2. In each box define each short term, effect.
3. In each box give an example.
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| **1.1e** | **Long term effects of exercise**  |
| 1. In each box state all short-term effects.
2. In each box define each short term, effect.
3. In each box give an example.
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