

**Name three long term effects on the cardiovascular system:**

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**Name three short term effects on the cardiovascular system:**

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**LONG TERM EFFECTS ON THE BODY SYSTEMS**

**SHORT TERM EFFECTS ON THE BODY SYSTEMS**



**Name three long term effects on the respiratory system:**

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**Name three short term effects on the respiratory system:**

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**1.1.e Effects of Exercise on the body**

**Name three long term effects on the**

**Muscular system:**

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**Name three short term effects on the muscular system:**

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**Name three long term effects on the skeletal system:**

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**Name three short term effects on the skeletal system:**

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