

The human body works to keep its blood glucose level within a narrow range. The hormones insulin and glucagon have important roles in this process: insulin decreases the blood glucose level, and glucagon increases the blood glucose level.

Many different factors, including exercise, can affect a person's blood glucose level.

- a. Describe how a healthy person's blood glucose level most likely changes after 45 minutes of intense exercise. Explain your answer.
- b. Based on your answer to part (a), describe how a healthy person's body responds to restore homeostasis with regard to blood glucose after exercising.
- c. Describe another example of how exercise disrupts homeostasis in the body **and** how the body responds to restore homeostasis.