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.