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## Apply what you have learned

Why does blood pressure increase with exercise and then lower after 5 minutes?

Increased blood pressure helps to ensure muscle tissue has adequate blood supply during exercise. When exercise is over, the oxygen demand decreases.

What do you predict would happen to a person's blood pressure when they go from standing to lying down?

Blood pressure would decrease in the lying down position.

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## Collected Lab Data

| Position                             | Systolic pressure (mmHg) | Diastolic pressure (mmHg) |
|--------------------------------------|--------------------------|---------------------------|
| Sitting                              | 118                      | 71                        |
| Lying down                           | 90                       | 60                        |
| Standing                             | 125                      | 77                        |
| Standing, immediately after exercise | 140                      | 81                        |
| Standing, 5 minutes after exercise   | 125                      | 75                        |

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