Changes in body core temperature during exercise.

Exercise time (min)

Changes in body core temperature during 60 minutes of submaximal exercise in a thermoneutral environment. Note that body temperature reaches a plateau (steady state) by approximately 40 minutes of exercise.
Examples of Homeostatic Control

- Regulation of body temperature
  → Thermal receptors send message to brain
  → Responses by skin blood vessels and sweat glands
    regulates temperature.

- Regulation of blood glucose
  → Function of the endocrine system
    Requires the hormone insulin
  → Elevated blood glucose signals the pancreas to release
    insulin
  → Insulin causes cellular uptake of glucose