

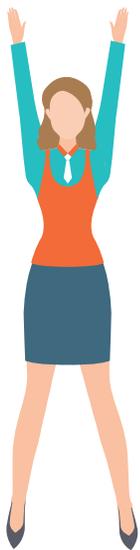
What Happens When You Stand

Stand Up

YOUR BLOOD PRESSURE drops, causing sensors in your carotid arteries to send out a signal.

YOUR BRAIN gets the message and sends out its own signal to speed up your heart.

YOUR HEART begins to beat faster and harder, compensating for the gravitational pull on your blood.



Start to Move

CIRCULATION increases as pooled blood in your legs begins returning to your heart.

YOUR HEART beats a little bit faster and harder.

YOUR MUSCLES begin to use more glucose, helping regulate blood sugar.

SMALL BLOOD VESSELS dilate with increased blood flow, delivering more oxygen to your muscles and removing lactic acid.



Keep Moving

YOUR DIAPHRAGM pulls harder, opening your lungs to take in more oxygen.

YOUR BRAIN starts getting more blood, improving your thinking skills and mood.

YOUR BODY begins to burn more calories.

YOUR JOINTS loosen up with improved lubrication.

