

# Hypodynamia

You will:

- understand the result of lack of exercise

- **Physical exercise** is good for our body.
- When you do physical exercise **muscles** need more nutrients. Blood brings these nutrients.
- Regular physical work makes muscle fibers grow bigger. Human becomes stronger.



- Muscles need systematic training.
- Lack of physical training brings to a **hypodynamia**.  
**Hypodynamia** - decrease in strength or power.



