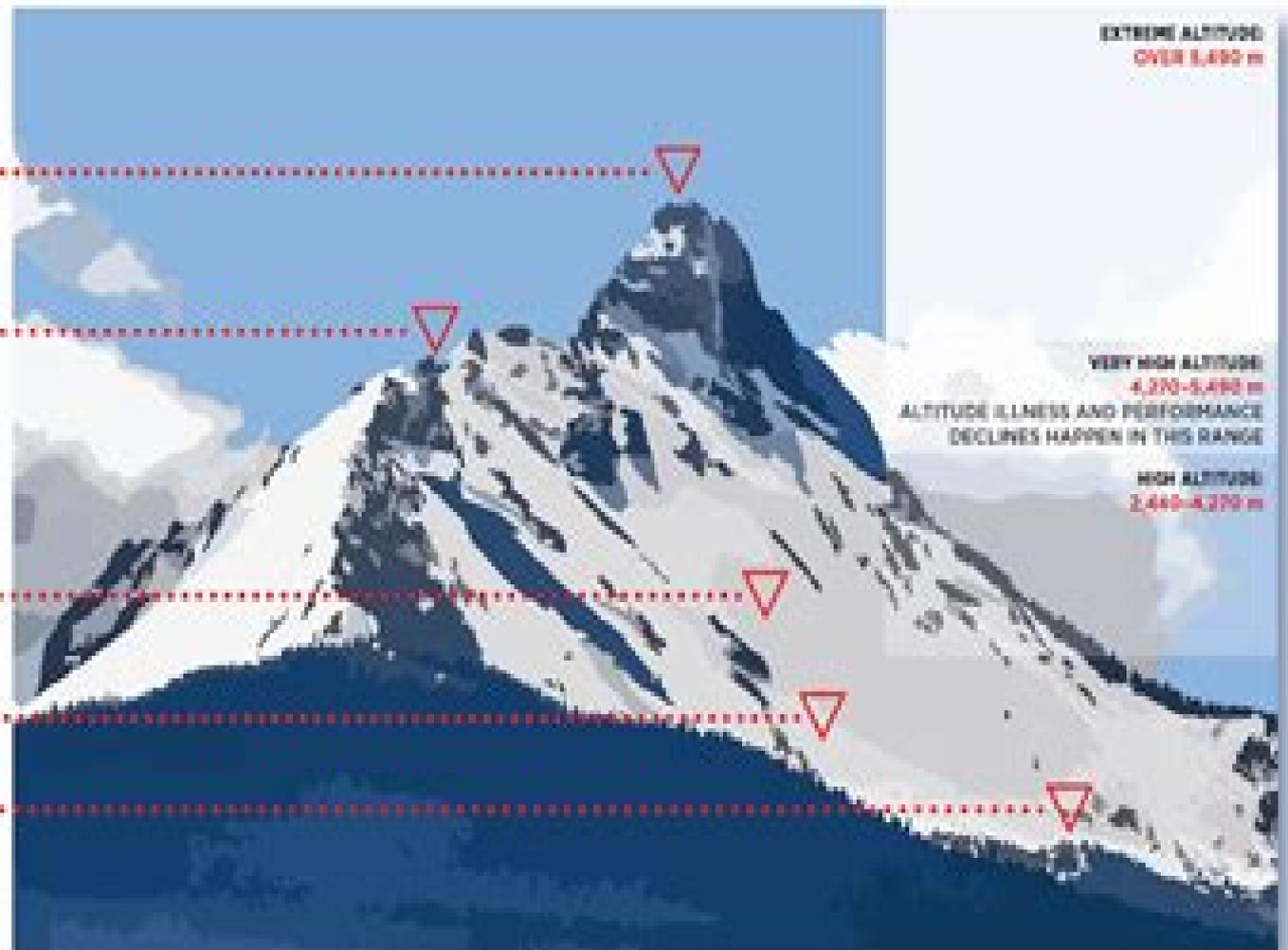


# EFFECTS OF ALTITUDE ON YOUR BODY

ELEVATION	% OXYGEN COMPARED TO SEA LEVEL	VO <sub>2</sub> max DECREASES
<b>MOUNT EVEREST ELEVATION:</b>		
8,848 m	33%	80%
<b>6,000 m</b>		
6,000 m	49%	45%
<b>3,000 m</b>		
3,000 m	71%	15%
<b>AFGHANISTAN ELEVATION (AVERAGE):</b>		
1,885 m	81%	7%
<b>ONE MILE:</b>		
1,600 m	83%	5%



As elevation increases, the lower oxygen pressure leads to different effects on your body such as decreasing the maximum amount of oxygen you use (VO<sub>2</sub>max) and altitude illness. As your VO<sub>2</sub>max goes down, so does your ability to perform because you can't get enough oxygen to your muscles and brain.

# Carrier Engineering Guide For Altitude Effects

**Lingjun Ying**



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