



# 03a – HOMEOSTASIS

## *Homeostasis Intro*



# Homeostasis

## Definition:

The maintenance of a stable internal environment through various processes (eg. thermoregulation) in order to support enzyme activity that allows cell to carry out life processes.

## TOLERANCE range

- limits (maximum and minimum) = tolerance range

# Homeostasis Unit - BIG Picture

How Do We Keep Our Body at an Optimum Internal State?

**Systems Involved**

**Mechanism/Process Used**

**Result**