

Hormone	Stimulant for Release	Target Tissue	Response
Epinephrine	Moderate to intense exercise, stress, hypotension	Skeletal muscle	↑ Glycogenolysis (breakdown of glycogen), vasoconstriction
Norepinephrine	Moderate to intense exercise, hypoglycemia	Adipose tissue, liver	↑ lipolysis (breakdown of fat), ↑ heart rate, ↑ glycogenolysis
Growth Hormone (GH)	Exercise, hypoglycemia	Skeletal tissue, bone, adipose tissue, liver	Stimulation of growth, FFA mobilization, ↑ gluconeogenesis, ↓ glucose uptake
Testosterone	↑ FSH, ↑ LH, exercise (?), stress	Skeletal muscle, bone	Protein synthesis, sperm production, sex drive
Estrogen	↑ FSH, ↑ LH, light to moderate exercise	Skeletal muscle, adipose tissue	Inhibition of glucose uptake, fat deposition
Cortisol	↑ ACTH, intense prolonged exercise	Skeletal muscle, adipose tissue, liver	↑ Gluconeogenesis, ↑ protein synthesis, ↓ glucose uptake
Insulin-like growth factor (IGF-1)	↑ Growth hormone	Almost all cells	Stimulation of growth