Today there is great emphasis on personal health. More people are involved in exercising to control weight, induce a feeling of well being and overall improve their health. Pharmacokinetics describes the relationship between the absorption, distribution, metabolism, and excretion of a drug and its effects and duration of action. Exercise affects changes in cardiac output, blood flow to active skeletal muscles, skin, digestive system, kidney, liver, and other organs, which consequently may alter the pharmacokinetics of a drug.

The number of studies evaluating the effect of exercise on the pharmacokinetics of drugs is limited. There are more data about the effect of drugs on the improved ability of the person to do exercise than data on the effect of exercise on the pharmacokinetics of drugs. However, it is important to know how exercise, by affecting the absorption and disposition of drugs. Pharmokinetic studies are needed to determine exactly how physical exercise can affect the pharmacokinetics of various drugs.

This article reviews the effect of exercise on pharmacokinetics and discusses the possible effects of exercise on the absorption, distribution, metabolism and excretion of drugs.