Negative feedback systems work to counteract deviations from a set point, restoring the internal environment back to its desired state.When body temperature rises above the set point, such as during exercise, thermoreceptors detect this change and trigger responses to cool the body down, such as sweating and vasodilation of blood vessels near the skin.Conversely, when body temperature drops below the set point, thermoreceptors initiate responses to conserve heat, such as shivering and vasoconstriction.

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