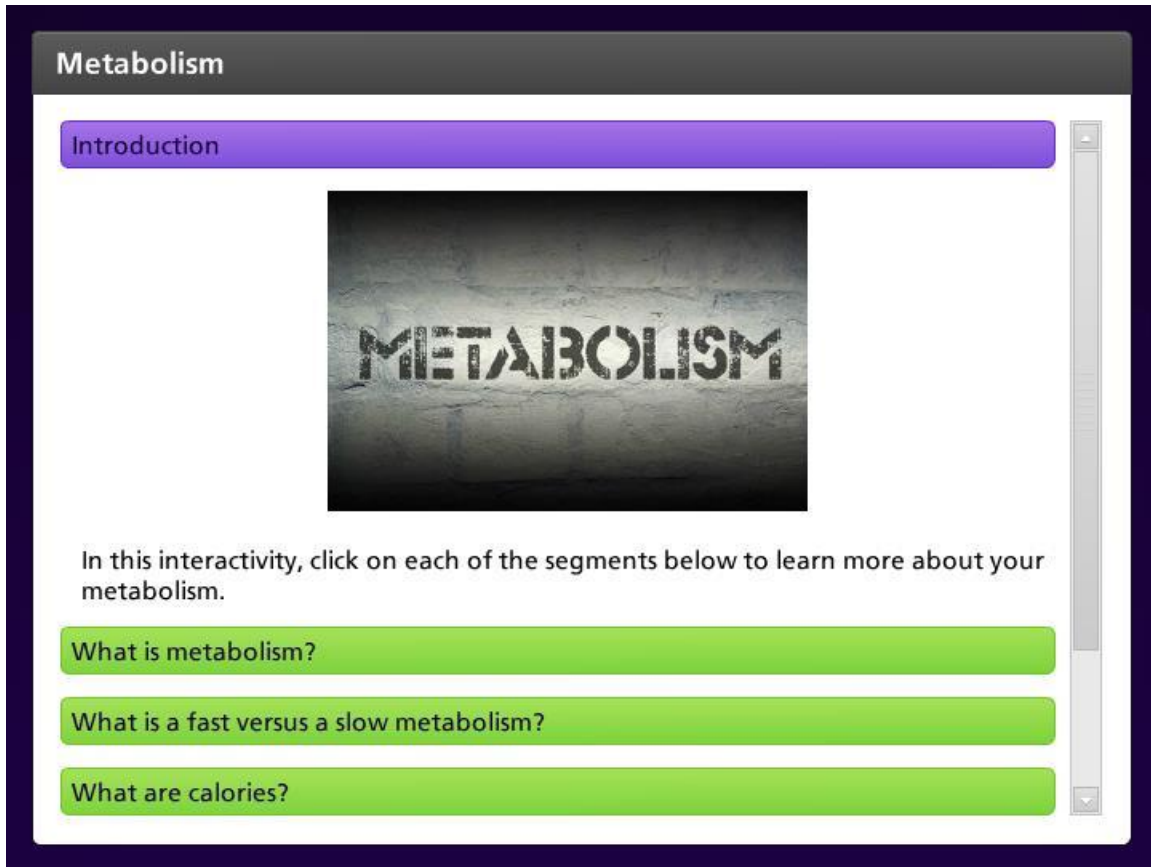


Module 1: Putting Together the Foundation for a Healthy Life

Topic 5 Content: Metabolism

Introduction



The screenshot shows a web interface for a metabolism interactivity. At the top, the title 'Metabolism' is displayed in a dark grey header. Below the header, a purple bar contains the word 'Introduction'. In the center, there is a square image with the word 'METABOLISM' written in a bold, black, stencil-like font on a textured, grey background. Below the image, a paragraph of text reads: 'In this interactivity, click on each of the segments below to learn more about your metabolism.' Underneath this text are three horizontal green buttons, each containing a question: 'What is metabolism?', 'What is a fast versus a slow metabolism?', and 'What are calories?'. A vertical scrollbar is visible on the right side of the content area.

In this interactivity, click on each of the segments below to learn more about your metabolism.

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Topic 5 Content: Metabolism

What is metabolism?

Metabolism

What is metabolism?

Metabolism is the sum of all the chemical activities in the body. The energy for the function of your metabolism is provided by the foods you eat.

A photograph of a woman with dark hair, smiling and holding two apples. One apple is red and the other is yellow. The image is part of a presentation slide titled 'Metabolism'.

Metabolism is the sum of all the chemical activities in the body. The energy for the function of your metabolism is provided by the foods you eat.

Module 1: Putting Together the Foundation for a Healthy Life

Topic 5 Content: Metabolism


What is a fast versus a slow metabolism?

Metabolism

What is metabolism?

What is a fast versus a slow metabolism?

When a person burns energy at a high rate, they are said to have a fast metabolism, and those who burn energy at a low rate have a slow metabolism. As you age, unfortunately it becomes harder to eat what you want to stay fit because your basal metabolic rate (BMR) decreases as you age.



What are calories?

What does exercise have to do with your calorie consumption?

Can you increase your metabolic rate?

When a person burns energy at a high rate, they are said to have a fast metabolism, and those who burn energy at a low rate have a slow metabolism. As you age, unfortunately it becomes harder to eat what you want to stay fit because your basal metabolic rate (BMR) decreases as you age.

Module 1: Putting Together the Foundation for a Healthy Life

Topic 5 Content: Metabolism

What are calories?


Metabolism

What is metabolism?

What is a fast versus a slow metabolism?

What are calories?

A calorie is the name given to a unit of heat the body uses for energy.



What does exercise have to do with your calorie consumption?

Can you increase your metabolic rate?

A calorie is the name given to a unit of heat the body uses for energy.

Module 1: Putting Together the Foundation for a Healthy Life

Topic 5 Content: Metabolism

What does exercise have to do with your calorie consumption?

Metabolism


What is metabolism?

What is a fast versus a slow metabolism?

What are calories?

What does exercise have to do with your calorie consumption?

Exercising and decreasing your total calorie consumption goes hand-in-hand when losing fat. While exercising, you increase your need for energy (metabolic rate), causing your body to burn more calories.



Can you increase your metabolic rate?

Exercising and decreasing your total calorie consumption goes hand-in-hand when losing fat. While exercising, you increase your need for energy (metabolic rate), causing your body to burn more calories.

Module 1: Putting Together the Foundation for a Healthy Life

Topic 5 Content: Metabolism

Can you increase your metabolic rate?

Metabolism

What is metabolism?


What is a fast versus a slow metabolism?

What are calories?

What does exercise have to do with your calorie consumption?

Can you increase your metabolic rate?

Staying on a consistent exercise program can raise your BMR (basal metabolic rate), so you are burning more calories while resting. It is important, though, not to restrict your calories to a level that is too low. Your body needs a certain number of calories to perform necessary functions.



Staying on a consistent exercise program can raise your BMR (basal metabolic rate), so you are burning more calories while resting. It is important, though, not to restrict your calories to a level that is too low. Your body needs a certain number of calories to perform necessary functions.