

What do muscles do?

Muscle tissues transfer much more energy than fat. To change to proportion of muscle to fat we can exercise more; muscles will build up.

Metabolic Rate

Metabolic Rate- Rate of chemical reactions in your cells, how easily you lose and gain mass.

If you have a higher metabolic rate, your cells react quicker. Therefore you do not put on weight as the food eaten has been used

Things that affect metabolic rate:

- Men have higher metabolic rate than women (men have more muscles to fat than women)
- Proportion of muscle to fat
- Amount of activity done (exercise increases metabolic rate)
- Genetic factors

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Key Points

- Most people eat a varied diet, which includes everything needed to keep the body healthy
- Different people need different amounts of energy
- The metabolic rate varies from person to person
- The more exercise you take, the more food you need