

BODY STORY – Metabolism Video

In this video, we meet George. George is a hard-working businessman who has a hunger for fine foods, salsa dancing, and recently...has a growing attraction for a woman named Loraine. He's pretty determined to make her his girlfriend, but soon determines that she is "pre-occupied" with his weight. George goes on a quick "diet" to try and lose weight and win back her affection. His body has a mind of its own and does not appreciate the sudden change in food starvation. His body initially responds well...but most of his initial loss is water weight. After being given no fat, his body begins "crashing" and drastically needs a change. He will soon learn that there is no "short-cut" or "free-lunch" when trying to lose weight and stay in shape. **Watch the video and learn more about his adventure...**

During the video and after watching, please answer the following questions.

1. What is the most important source of energy that our body craves more than any other?
2. What are the organelles in each cell that burn this energy?
3. How does George begin losing weight in the beginning of his diet? How does his body respond initially? What happens after about a week?
4. When George begins exercising regularly, what happens to the blood vessels in his muscles?
5. After watching George in action after 8 weeks, what are healthy eating and exercise habits that are beneficial for maintaining a healthy weight and staying in shape?
6. What is one thing that you learned from this video regarding dieting, exercising, or eating that you will take with you and apply now in your own life?