

# How does Diet and Exercise affect Glucose Levels and Metabolism

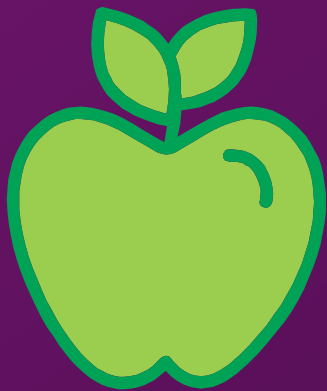


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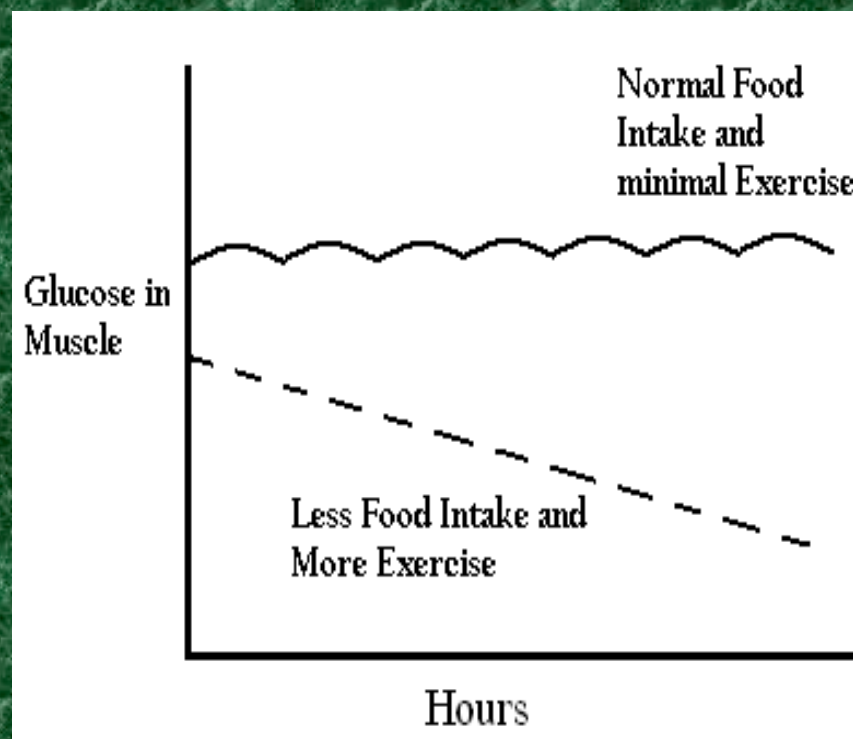
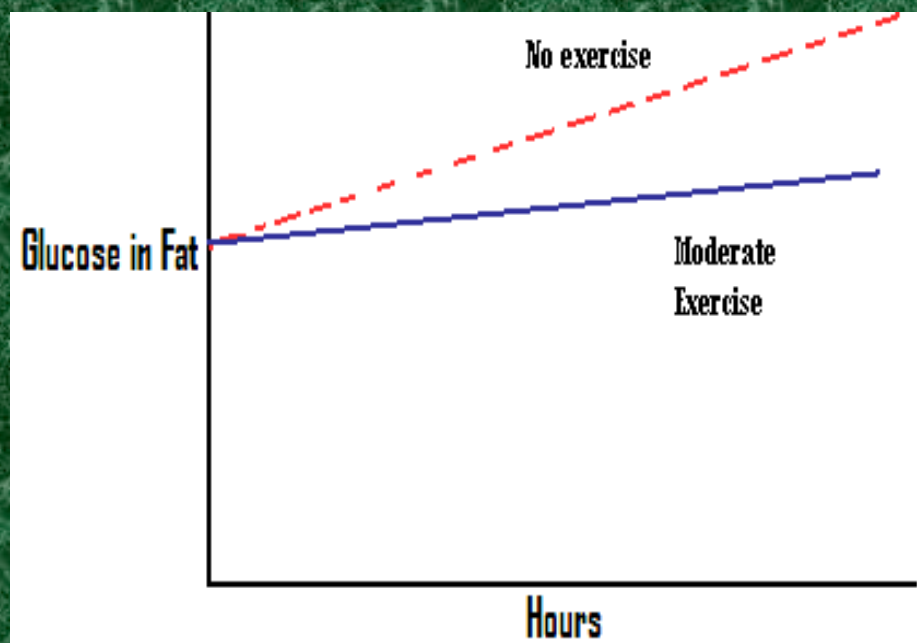
Wilson High School

Portland, Oregon

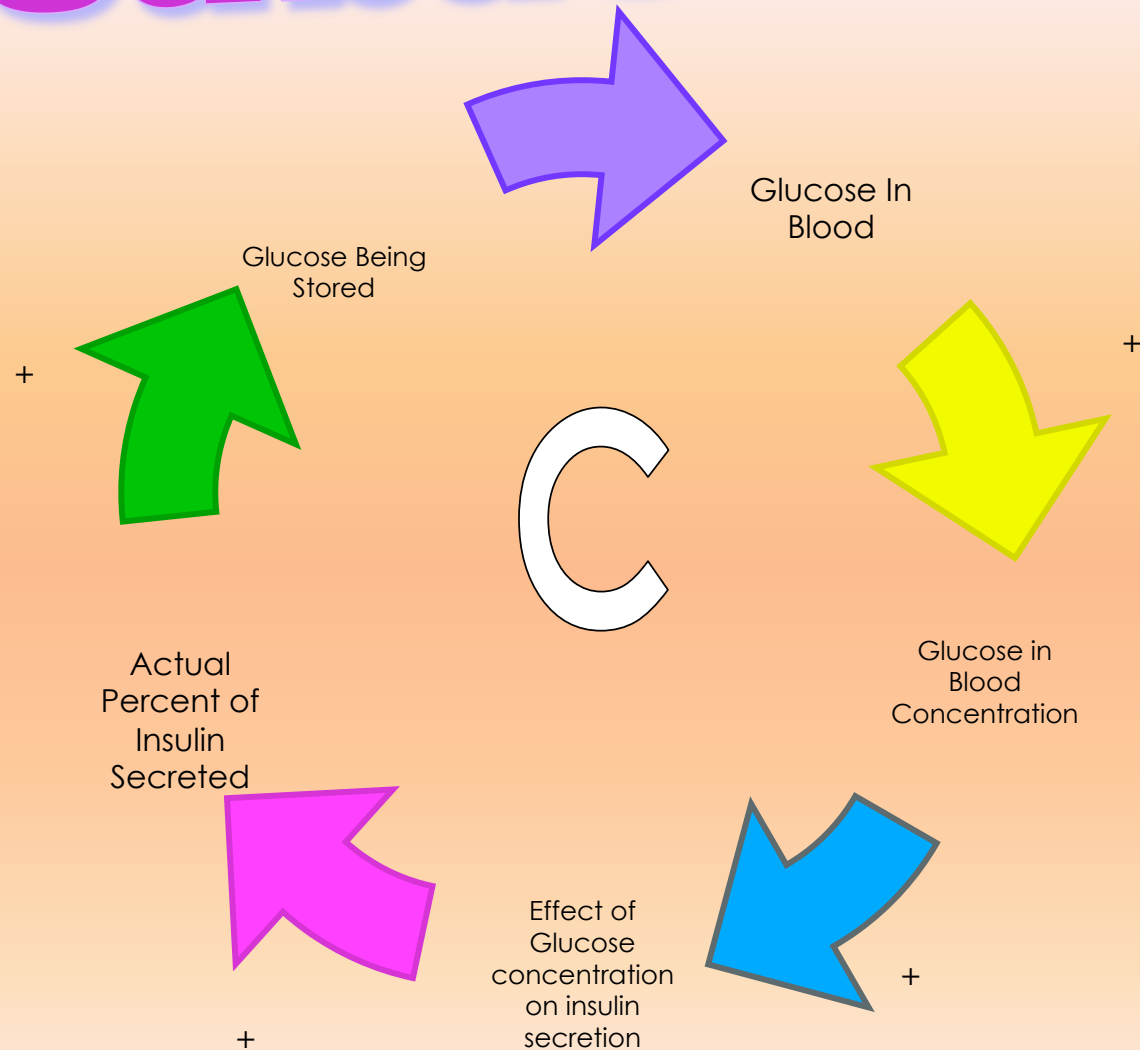
June 3, 2009



# BOTG

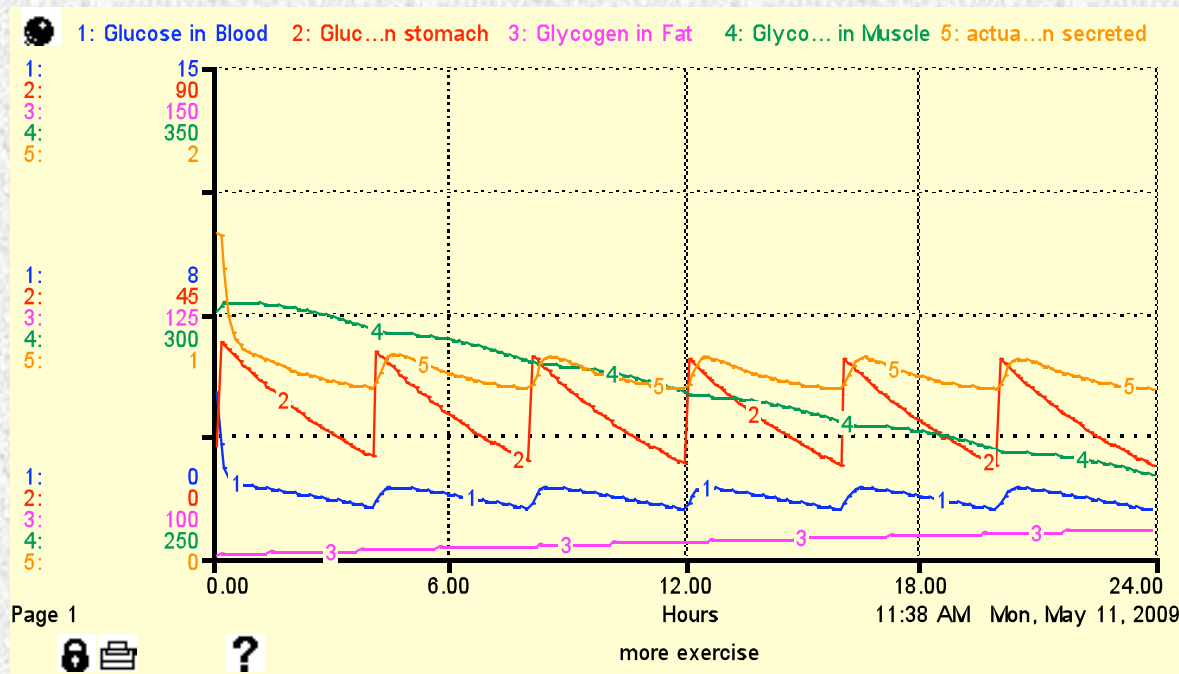
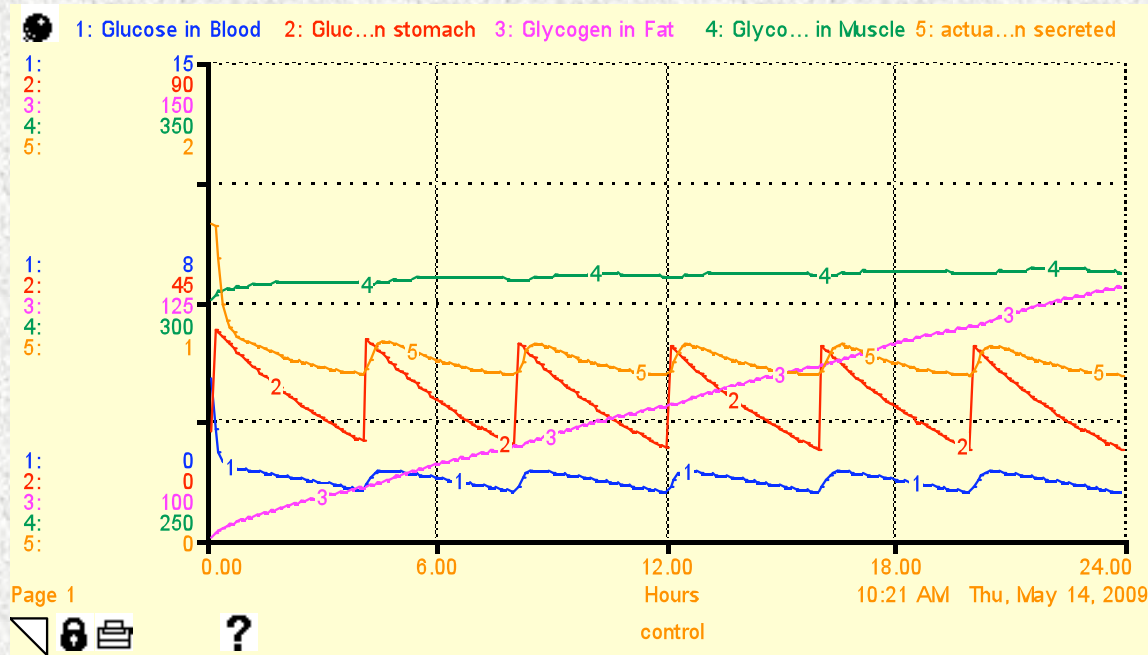


# Feedback Loop



# Lifestyle Policy

- The best option to lose weight is to have a healthy balance between exercise and diet.
- With too much exercise and not enough food intake, can damage your body and blood glucose can reach hypoglycemic levels.
- With no exercise you're storing glucose in fat, which can lead to unhealthy lifestyles.



# Key Learning

- Weight loss and gain is based on many different factors, such as metabolism and glucose levels.
- The body is full of complex systems and feedbacks that are important in understanding this process.
- When creating a lifestyle based on diet and exercise, it is important to have a healthy balance of both.
- With too much carbohydrate intake and not enough exercise the body will be taking in more glucose than it needs and extra glucose will be stored in fat which can lead to severe health problems
- With too little carbohydrate intake the body may not have enough energy to support itself.
- With too much exercise the body may not have enough energy to support itself.