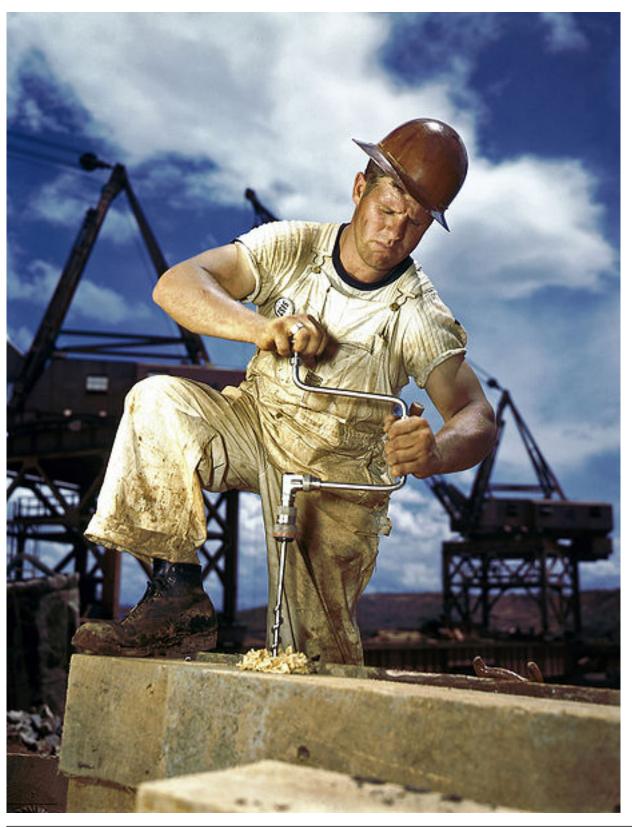
## **Element 2.2 Energy for exercise**

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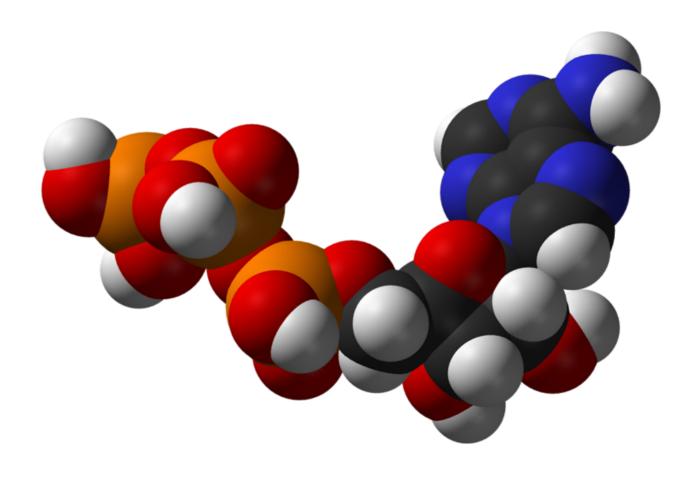


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As a general rule an average adult male requires 2000 calories and average formate 2000 calories and average frame and a average 7 store male also is important to remember everyone is different and an average 9 store male also is important to remember everyone is different and an average 9 store male also is important to remember everyone is different and an average 9 store male also is important to remember everyone is different and an average 9 store male also is important to remember everyone is different and an average 9 store male also is important to remember everyone is different and an average 9 store male also is important to remember everyone is different and an average 9 store male also is important to remember everyone is different and an average 9 store male also is important to remember everyone is different and an average 9 store male also is important to remember everyone is different and an average 9 store male also is important to remember everyone is different and an average 9 store male also is important to remember everyone is different and an average 9 store male also is important to remember everyone is different and an average 9 store male also is important to remember everyone is different and an average 9 store male also is important to remember everyone is different and an average 9 store male also is important to remember everyone in the properties of the properties				
		Male		Fernale
	K)	Keal	KĮ	Kral
Аде				
15 to 18 Years	11,500	2,750	10,009	2,380
Adult Office Worker	20,500	2,590	9,000	2,140
Adult Laborer	14,000	3,330	11,000	2,620
Partired CAP	9,000	2,150	7,000	1,670



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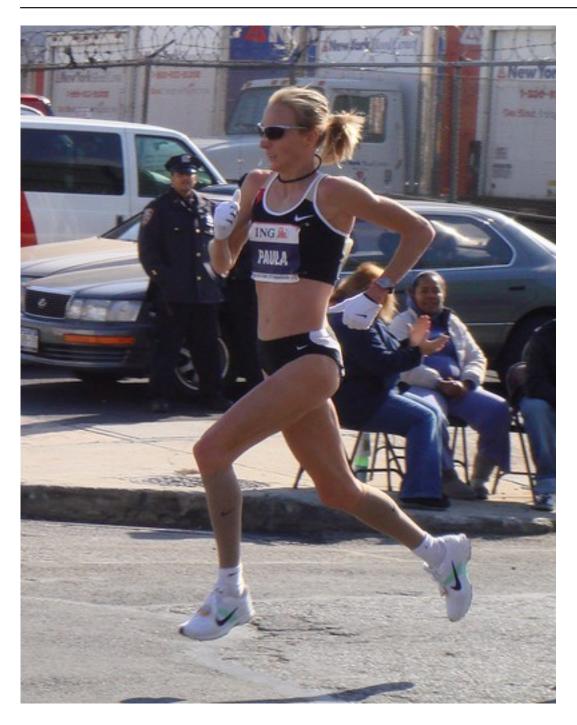


Norling and how efficient my metabolism is
sweigh approximately 12 times and an 31 years did. I used auso authorized processing sweighting last and sweign piece of securities (and a sequence over a 3 month period recording sweighting last and sweign piece of securics (did to see if in fact thin number as accusts and surprisingly it was very accustable for each more the 1750 calculus.
new a genical of time and don't do any searcise! put no weight. Ill tribctly eat 1770 clasivis but do moderate searcise every day for a period of time is a mobile application that gazes mollinessed compility of the which not no most phones. The application is excellent because it is pussible to monitor your eating and exercise at all times.
there are many fad date out there but your body is a very simple machine, if you use more energy the buyour supplying it with it will start using its reserves. As we mentioned in the last section fall is the bodies reserve of energy send if you exercise your body will use that energy.
The mislionably between energy, food and exercise.
have found my metabolism in quite light and I seem to be able to dignet food and how weight quite quickly. My det mainly constant or high filter foods like brown bread and foul. I lend to set complex cards like pasts and rise and stick mainly to white metals. It is also avoid drinks left in sugars and conferns like and of other energy drinks unless that to asset with recovery from exercise.
Theret type of final spays of final
ugaer and energy include chocolate, wavests and energy drinks. It is important not to go overboard with these though as your body will quickly turn any unused sugar into fait.



Amobic exercise requires a very different type of food. Rumans and long distance arthless require energy to be released over a long period of time. When taking part in endurance exercise your body seen move of your fed reserves to it important to est complex cards like brown rice and guests which release energy over a long period of times. Generally you should eat a high complex cards made it least 2 hours before your basis gent in one endurance event. Most endurance exercise your belong eat in one endurance event. Most endurance exercise your fed period of times. Generally you should eat a high complex cards made it least 2 hours before your basis gent in one endurance event. Most endurance event. Most endurance event when the period of times. Generally you should eat a high complex cards made it least 2 hours before your basis gent in one endurance event. Most endurance event. Most endurance event when the period of times. Generally you should eat a high complex cards made it least 2 hours before your basis gent in one endurance event. Most endurance event when the period of times. Generally you should eat a high complex cards made it least 2 hours before your basis gent in one endurance event. Most endurance event when the period of times. Generally you should eat a high complex cards made in the period of times. Generally you should eat a high complex cards made in the period of times. Generally you should eat a high complex cards made in the period of times. Generally you should eat a high complex cards made in the period of times. Generally you should eat a high complex cards made in the period of times. Generally you should eat a high complex cards made in the period of times. Generally you should eat a high complex cards made in the period of times. Generally you should eat a high complex cards made in the period of times. Generally you should eat a high complex cards made in the period of times. Generally you should eat a high complex cards made in the period of times. Generally you should eat a high c

meal within 35 minutes of exercise in order to replace energy and glycopen load during exercise this enables them to recover much faster. E you went to lose weight 30 minutes or more of moderale exercise in proven to be much more effective then 10 minutes of high intensity exercise.



Back to understanding the role of nutrition in exercise [2]

**Source URL:** https://theingots.org/community/node/15697

## Links

[1] http://www.myfitnesspal.com

[2] http://theingots.org/community/node/14467