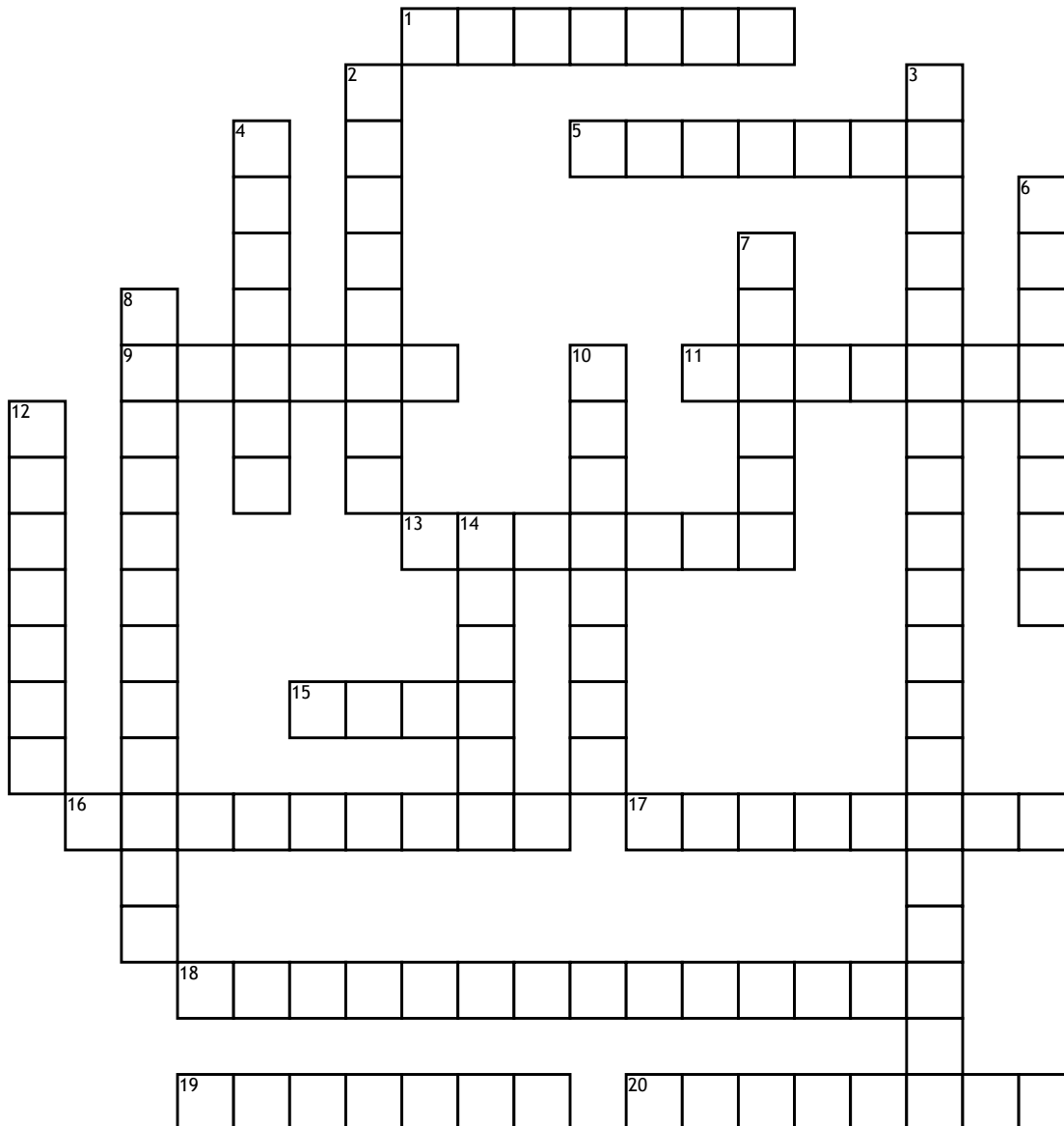


# Metabolism Crossword



## Across

1. What macronutrient has a high satiety rate
5. What hormone can be impacted by sleep
9. What kind of starch is Glycogen
11. What type of hormone is produced by adrenal cortex
13. The heart prefers lactate over what
15. You burn more fat during what type of exercise
16. What is the name of the shuttle that carries fatty acyl CoA across mitochondrial membrane

17. The concept of lifting more tomorrow than what you lifting today is called
18. What is the breakdown of glycogen called
19. The liver prefers to make glycogen from \_\_\_ over glucose
20. What hormone decreases insulin sensitivity

## Down

2. Lactate is converted to \_\_\_ by LDH
3. What process uses 10% of available energy from a glucose molecule

4. What type of recovery allows you to recover faster
6. During mild intensity work lactate is formed but \_\_\_ quickly
7. What type of recovery allows you to recover better
8. What is the only macronutrient that can make ATP anaerobically
10. When blood glucose levels are low what does your body release
12. What is the syndrome where one lacks the enzyme phosphorylase
14. What hormone is tells you how full your tank is