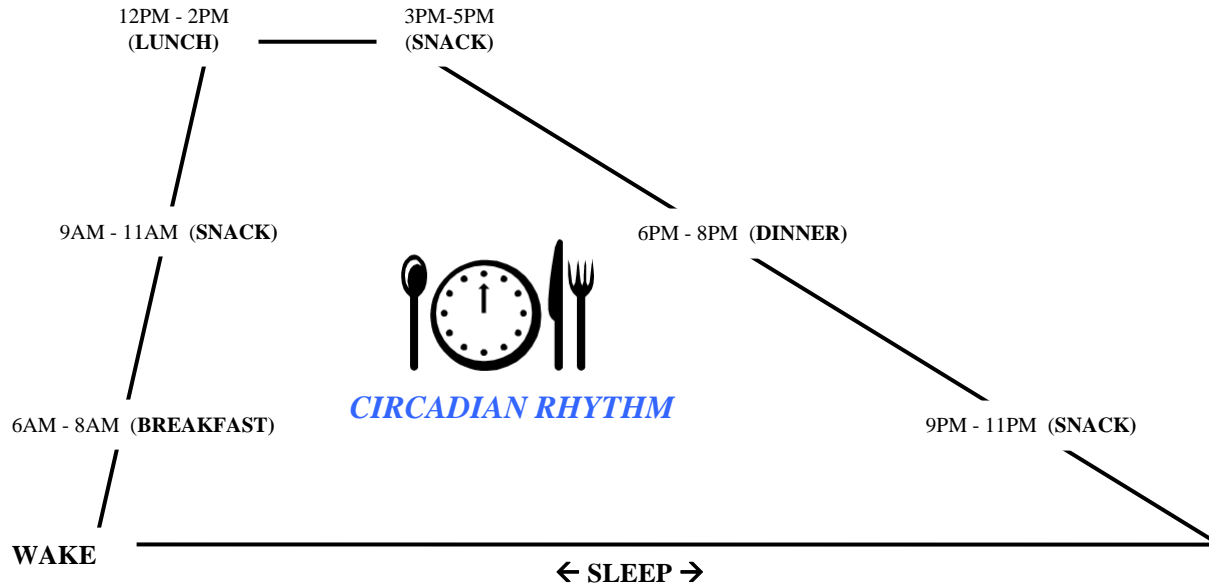


SPORTS NUTRITION

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ENERGY CYCLE & METABOLISM



- **Circadian Rhythm** is your body's clock based on night and day.
- **Metabolism** is the rate at which your body uses energy.
- At **Sleep**, your body is using calories at the slowest rate in a 24 hour cycle.
- As soon as you **Wake**, the rate at which your body uses energy increases.
- The rate of energy increases until 12 noon. This is your peak energy metabolism.
- The body then plateaus at this rate for a few hours - (blood sugar drops).
- Slowly, the energy usage decreases until sleep.