**Truth About Exercise Video Assignment – Two Points**

Please view the PBS presentation entitled the *Truth About Exercise*. The video, hosted by Michael Mosley, is available at the following site: <https://vimeo.com/51836895>

Answer the following questions:

1. In one of the examinations conducted on Michael Mosley is the effect of exercise on energy expenditure. How long must Michael Mosley run to burn off the energy consumed in a blueberry muffin, cup of cappuccino, and a banana?

2. In another examination, Michael Mosley ingests a high fat meal. As a result, what happens to his blood fat levels? Explain the difference between subcutaneous fat and visceral fat? What effect does exercise have on lowering his blood fat levels?

3. Explain the studies that have been conducted by Dr. Jamie Timmons on the guidelines of exercise: What is personalized exercise? How does the concept of personalized exercise relate to personalized medicine (role of genetics to determine how individuals may respond to protocols)?

4. According to the HIT protocol, is there evidence that 3 minutes of exercise may result in physical fitness changes?

5. What is the basis of the NEAT (non exercise activity thermogenesis) protocol? How do researchers go about studying NEAT?