

ANABOLISM

Meaning: Anabolism is the metabolic process in which larger molecules are synthesized from smaller ones, essential for growth and tissue repair.

1. Anabolism is a crucial metabolic process that builds larger molecules from smaller ones.
2. The body relies on anabolism to grow muscle and repair tissues after exercise.
3. In the study of biochemistry, anabolism is often contrasted with catabolism, which breaks down molecules.
4. Hormones like insulin play a significant role in regulating anabolic pathways in the body.
5. A diet rich in proteins can enhance anabolism and support muscle growth.
6. During periods of growth, such as adolescence, anabolism is particularly active.
7. Athletes often seek to maximize anabolism to improve their performance and recovery.
8. Anabolic steroids are synthetic derivatives of testosterone that aim to promote muscle anabolism.
9. Cellular anabolism is vital for the maintenance of healthy body functions and energy balance.
10. Understanding anabolism can help in developing strategies for weight management and fitness.

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