

METABOLIC

Meaning: Metabolic refers to the processes related to the chemical reactions in the body that convert food into energy and support various bodily functions.

1. A balanced diet can significantly improve your metabolic rate.
2. Researchers are studying the metabolic effects of intermittent fasting on weight loss.
3. Exercise plays a crucial role in enhancing metabolic health and energy expenditure.
4. Certain genetic factors can influence an individual's metabolic processes.
5. Understanding metabolic pathways is essential for developing effective treatments for diabetes.

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