



Answer these questions while watching the PBS film clip, Exercise in a Pill.
By Jessica Forton

1. What is the source of energy for fast twitch muscles? _____

2. What is the source of energy for slow twitch muscles? _____

3. How did the switched on gene influence metabolism?

4. What effect did the *Aicar* have on muscle structure?

5. Would you take *this* pill? Why or why not?
