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Hunger games chapter 19 vocabulary

News Flash: Exercise burns calories. And while running off that breakfast burrito will probably spark an appetite in some, not everyone feels those hunger pangs after working out. So why do certain people clean out the fridge after an hour-long spin class, while others can't seem to fit an apple in their stomach? Turns out a grumbling stomach depends on gender, body composition, and how intense that workout really was.High-intensity intermittent exercise attenuates ad-libitum energy intake. Sim, A.Y., Wallman, K.E., Fairchild, T.J., et al. School of Sport Science, Exercise and Health, The University of Western Australia, Perth, Western Australia, Australia. International Journal of Obesity 2013 Jun 4. Epub ahead of print.Effects of exercise intensity on food intake and appetite in women. Pomerleau, M., Imbeault, P., Parker, T., et al. School of Human Kinetics, University of Ottawa, Ontario, Canada. The American Journal of Clinical Nutrition, 2004 Nov;80(5):1230-6.Effects of exercise on gut peptides, energy intake and appetite. Martins, C., Morgan, L.M., Bloom, S.R. School of Biomedical and Molecular Sciences, University of Surrey, Guildford, UK. Journal of Endocrinology, 2007 May;193(2):251-8.Chew on This — The Need-to-KnowShare on PinterestPhoto by Aleksandra FloraHungry? Don't grab a Snickers. According to recent research, more intense exercise sessions may decrease our appetite.High-intensity intermittent exercise attenuates ad-libitum energy intake. Sim, A.Y., Wallman, K.E., Fairchild, T.J., et al. School of Sport Science, Exercise and Health, The University of Western Australia, Perth, Western Australia, Australia. International Journal of Obesity 2013 Jun 4. Epub ahead of print.. Scientists put a group of overweight (but otherwise healthy) men in their 20s and 30s through different cycling workouts, while others just rested, and then measured how much everyone ate at a breakfast buffet. Turns out the men who rested or cycled at a moderate pace ate significantly more, at breakfast and even the next day, than the men who completed the most rigorous workouts. Those who went through the tough workout also had lower levels of the hormone ghrelin and higher levels of blood lactate and blood sugar, all of which are associated with a decreased appetite. Similarly, another study found that obese teenage boys ate less after an intense cycling session than after resting or exercising moderatelyThe 24-h energy intake of obese adolescents is spontaneously reduced after intensive exercise: a randomized controlled trial in calorimetric chambers. Thivel, D., Isacco, L., Montaurier, C., et al. Clermont Universite, Universite Blaise Pascal, Clermont-Ferrand, France. PLoS One 2012;7(1): e29840..And women, take note: Exercise can bring on the munchies more in females than in males, perhaps because women are wired to preserve body fat for childbirthEffects of exercise intensity on food intake and appetite in women. Pomerleau, M., Imbeault, P., Parker, T., et al. School of Human Kinetics, University of Ottawa, Ontario, Canada. The American Journal of Clinical Nutrition, 2004 Nov;80(5):1230-6.Effects of exercise on energy-regulating hormones and appetite in men and women. Hagobian, T.A., Sharoff, C.G., Stephens, B.R., et al. University of Massachusetts Amherst, Energy Metabolism Laboratory, Department of Kinesiology, Amherst, MA. American Journal of Physiology - Regulatory, Integrative and Comparative Physiology, 2009 Feb;296(2):R233-42. Epub 2008 Dec 10.. So if hunger strikes, try not to overestimate calories burned. One Krispy Kreme may easily negate what's burned during an afternoon jog in the park.As for hormones, they're not just the topic of middle school sex ed. Scientists have found obese women are hungrier after exercise because of a resistance to leptin, a hormone that keeps energy balance in check and may help suppress appetite. And for individuals at a healthy weight, aerobic and anaerobic exercise may suppress appetite by altering the hormones ghrelin and peptide YYInfluence of resistance and aerobic exercise on hunger, circulating levels of acylated ghrelin, and peptide YY in healthy males. Broom, D.R., Batterham, R.L., King, J.A., et al. Department of Medicine, School of Sport and Exercise Sciences, Loughborough Univ., Leicestershire, UK. American Journal of Physiology - Regulatory, Integrative and Comparative Physiology, 2009 Jan;296(1):R29-35. Epub 2008 Nov 5.. Another study found short-term exercise had no effect on ghrelin, so perhaps the 4-minute Tabata won't make those French fries look less appealing (if cutting calories is the goal)Acute exercise has no effect on ghrelin plasma concentrations. Schmidt, A., Maier, C., Schaller, G., et al. Department of Medicine III, University of Vienna, and Ludwig Boltzmann Institute for Experimental Endocrinology, Vienna. Hormone and Metabolic Research, 2004 Mar;36(3):174-7..Fast(ing?) Food — Your Action PlanThat appetite may rise or fall, depending on body composition andwhat's on the fitness agenda. For those who don't feel hungry after working out, it'll probably be short-lived. Intense exercise may make it feel like the stomach is shrinking, but the desire for food will reappear soon after (though it's unclear exactly when)Exercise-induced suppression of appetite: effects on food intake and implications for energy balance. King, N.A., Burley, V.J., Blundell, J.E. Psychology Department, Leeds University, UK. European Journal of Clinical Nutrition, 1994 Oct;48(10):715-24.. Just remember, it's important to re-fuel post-workout to keep energy levels up and repair muscles no matter what the stomach is saying. Pro tip: Sneak in some protein within two hours of working out to keep the body running in top-top shape.And for the champs who feel super-starved immediately after exercise, make sure to drink plenty of water and have a small snack before exercise to avoid overeating post-workout. Also note it may all be in the mind, so really tune into those hunger cues! (Is the stomach really growling, or is it just the munchies talking?) Some scientists suggest diving headfirst into a bag of chips may simply be an act of self-reward after all those supersetsExercise-induced suppression of appetite: effects on food intake and implications for energy balance. King, N.A., Burley, V.J., Blundell, J.E. Psychology Department, Leeds University, UK. European Journal of Clinical Nutrition, 1994 Oct;48(10):715-24.. So if weight loss is the goal, find some inedible rewards instead. A massage can definitely be waymore satisfying than this pizza pie.This article originally posted May 2012. Updated September 2013.What's your post-workout M.O? Tell us in the comments below! Image: refer to hsw This epic series of books was turned into four Hollywood blockbusters. How much do you know about the characters in "The Hunger Games?" PERSONALITY Are You More Like Tris From "Divergent" Or Katniss From "The Hunger Games"? 5 Minute Quiz 5 Min TRIVIA Do You Know What Video Games These Characters Are From? 7 Minute Quiz 7 Min TRIVIA Can You Identify All These Board Games? 6 Minute Quiz 6 Min TRIVIA Hunger Games Books vs. Movie Quiz 4 Minute Quiz 4 Min TRIVIA Test Your Knowledge: Milton-Bradley Games Quiz 4 Minute Quiz 4 Min TRIVIA There Are Over 200 Harry Potter Characters — We'll Be Impressed if You Can Name 40! 7 Minute Quiz 7 Min TRIVIA Can You Name the Professions of These 2000s TV Characters? 6 Minute Quiz 6 Min TRIVIA There Are 100s of DC Characters — We'll Be Impressed if You Can Name 40! 7 Minute Quiz 7 Min TRIVIA Only 2% of People Can Identify All these Battlestar Galactica Characters from a Picture. Can You? 7 Minute Quiz 7 Min TRIVIA Can You Name the Professions of These 1970s TV Characters? 6 Minute Quiz 6 Min How much do you know about dinosaurs? What is an octane rating? And how do you use a proper noun? 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PERSONALITY Are You More Like Tris From "Divergent" Or Katniss From "The Hunger Games"? 5 Minute Quiz 5 Min TRIVIA EASY The Hunger Games Characters Quiz 4 Minute Quiz 4 Min TRIVIA Can You Identify All These Board Games? 6 Minute Quiz 6 Min TRIVIA Can You Name All of These Gameboy Color Games? 7 Minute Quiz 7 Min TRIVIA Can You Name These Unbeatable Old School Video Games? 7 Minute Quiz 7 Min TRIVIA Can You Name These 1970s Bands? 7 Minute Quiz 7 Min TRIVIA Can You Identify All of These D&D Monsters From a DM Description? 7 Minute Quiz 7 Min PERSONALITY Tick Off the Video Games You've Played and We'll Guess Your Age 5 Minute Quiz 5 Min TRIVIA How Many '80s TV Characters' Last Names Do You Know? 5 Minute Quiz 5 Min TRIVIA Do You Know These Games From the Price Is Right? 7 Minute Quiz 7 Min How much do you know about dinosaurs? What is an octane rating? And how do you use a proper noun? Lucky for you, HowStuffWorks Play is here to help. Our award-winning website offers reliable, easy-to-understand explanations about how the world works. From fun quizzes that bring joy to your day, to compelling photography and fascinating lists, HowStuffWorks Play offers something for everyone. Sometimes we explain how stuff works, other times, we ask you, but we're always exploring in the name of fun! Because learning is fun, so stick with us! Playing quizzes is free! We send trivia questions and personality tests every week to your inbox. By clicking "Sign Up" you are agreeing to our privacy policy and confirming that you are 13 years old or over. Copyright © 2021 InfoSpace Holdings, LLC, a System1 Company Keep up with the latest daily buzz with the BuzzFeed Daily newsletter! Keep up with the latest daily buzz with the BuzzFeed Daily newsletter! With Suzanne Collins announcing her Hunger Games prequel, it didn't take long for Hollywood to plan the movie. And that's no surprise, considering the four movies grossed \$1.4 billion over here and \$3 billion overseas. But does the world really want a Hunger Games prequel movie? While there's no question the series did very well for Lionsgate, the grosses for the movies declined over time. And then another young adult series by the same studio, Divergent, ultimately did poorly enough that the series was never finished at all. Hollywood has become increasingly reliant on franchises, and several this year have disappointed, including Godzilla: King of the Monsters, Men in Black: International and especially Dark Phoenix. So it will be interesting to see how, or even if, the movie gets made. What's the 'Hunger Games' prequel about? Suzanne Collins | Jason Merritt/Getty Images The novel will be set in the world of Panem 64 years before the events of the original Hunger Games trilogy. That would rule out more adventures with Jennifer Lawrence's Katniss Everdeen — although that's not stopping Lionsgate from trying, reports Deadline. "As the proud home of the Hunger Games movies, we can hardly wait for Suzanne's next book to be published. We've been communicating with her during the writing process and we look forward to continuing to work closely with her on the movie," said Joe Drake, Chairman of the Lionsgate Motion Picture Group about the potential movie. The book is expected to come out May 19, 2020. The movie has no set release date yet. But should there be one? How the 'Hunger Games' movies fared Without question, the Hunger Games movie franchise was a big success. According to Forbes box office analyst Scott Mendelson, the original movie opened to \$152 million, which was the third-biggest opening at the time. It went on to gross \$408 million here, cementing Jennifer Lawrence's stardom. The sequel, Catching Fire, did even better, grossing \$424 million, but that's when the franchise peaked. Lionsgate did the Harry Potter trick of splitting the last book, Mockingjay, into two movies. The first part made \$337 million, which was a significant drop from the second film. The final film, Mockingjay Part 2, continued the downward trend, stopping at \$281 million here. It seems as the movies got darker, more serious and less action-oriented, the audience lost interest. Not all YA franchises do well. The film series Divergent, based on the novels by Veronica Roth, wasn't as lucky. Also distributed by Lionsgate, the first movie in 2014 made \$150 million on an \$85 million budget. It certainly wasn't Hunger Games numbers, but it was good enough to move forward. The sequel, Divergent Series: Insurgent, did a little less well, making \$130 million. Again, Lionsgate had planned four movies when there only three novels. However, the third film The Divergent Series: Allegiant took a steep dive the following year. It made only \$66 million, half of what the second movie did. Lionsgate tried to finish up the series with a television movie, but lead Shailene Woodley wasn't interested in going that route. There was talk the series would air on Starz, but the idea eventually died. Would something similar happen to the Hunger Games prequel? Maybe not, since Hunger Games seems to have a bigger fanbase, but without Katniss, should Lionsgate try? Mendelson thinks it's an iffy idea. He notes that it might work but also says: "a huge reason that The Hunger Games was a huge hit was the appeal of its lead protagonist, in terms of her character, Lawrence's terrific starring turn and how Katniss was positioned as an anti-Bella. Ditto Harry Potter being a hit duo to Harry Potter, Twilight being a hit because of Bella and Edward or John Wick being a B-level hit because of John Wick. So, no, a 65-years-earlier prequel is not going to have the same hook as the initial quadrilogy." Ironically, Lionsgate controls the John Wick series, whose third film this summer is the rare one not to succumb to franchise fatigue. But in an age where even Toy Story 4's opening of \$118 million is being called a disappointment, Lionsgate should proceed with caution.

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