

## What Happens to the Fat?

Five friends who've been going to the gym together and trying to lose some weight are talking after their workout one day. They all wonder what happens when they lose weight. Where does the fat go? This is what they thought:



**Marco:** I think that when I exercise and lose weight I'm turning fat into energy.

**Andre:** I breathe a lot when I exercise. I think fat gets turned into stuff I breathe out.

**Kara:** I think that when I exercise my body burns the fat up. Then it's gone.

**Mei:** I get so hot when I exercise. I think my body turns the fat into heat.

**Lu:** I think when I exercise my body turns the fat into sweat and I sweat it out through my skin.

**Who do you agree with and why? It's ok to pick more than one person. Explain your thinking.**

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