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Why do You Feel Hungry after Exercise?

Why are we hungry after we do exercise?

We move our body parts when we exercise. We do so by burning energy inside our body. It is like a car moving by burning diesel.

Where does our energy come from? The food that we eat! Many healthy foods can give us energy, such as yam, pasta and rice. Our stomach digests the food and turns it into fat that is stored inside our body. Fat will become our energy when our muscles need it.

Therefore if we do a lot of exercise, we burn up a lot of fat. Our body will be fit. At the same time, our body will tell us to replace the energy lost during exercise by giving us a signal of hunger. When we feel hungry, we should eat some food. That is why we want to eat after doing exercise.