**More flexible**

**Better endurance**

**More slow twitch**

**Work for a long**

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**Did you know?**

*High glycolitic truth:* When you need speed and power, the muscle fibers involved are more glycolytic, and women can keep going longer.

**Truth:** At the end of the day, men and women are better at sports.

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**Hormones**

- **Muscles use exercising and involving quick, fast power.** Men are better than women at sports because of the hormone difference.
- **Women are more metabolically active.** Men and women both have the same number of estrogen receptors. What's going on in our bodies is that we're in a different cell and what we're working on is very different.
- **Women's heart is smaller.** Women have bigger lungs and a bigger heart, which allows them to burst of effort two-thirds two times as much body fat and because of that, they're better suited for sports.
- **Men and women have both estrogen and progesterone receptors.** Estrogen helps us control our bodies and is likely to be more of a hormone in what we think of as a male or female.
- **Women have insulin sensitivity.** Women are more likely to have insulin sensitivity because they eat differently and work differently.
- **Men and women have more metabolic fat.** Truth: We eat differently than others, but the truth is that very little studies have been done on why. We also eat differently, but the truth is that very little studies have been done on why.

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**What does the data say?**

**I'm not saying you don't need a complement!**

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