

## **JUMP OFF THE HORMONE SWING**



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Not only that, but HIIT workouts also increase growth hormone levels. Growth hormone helps to build muscle and also is key to catecholamine (adrenaline, norepinephrine) release, which increases fatty acid mobilization ().Reaching the Highest EPOC

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### **Dopamine Wikipedia**

Dopamine (DA, a contraction of 3,4-dihydroxyphenethylamine) is an organic chemical of the catecholamine and phenethylamine families that plays several important roles in the brain and body. It is an amine synthesized by removing a carboxyl group from a molecule of its precursor chemical L-DOPA, which is synthesized in the brain and kidneys. Dopamine is also synthesized in plants and most animals.

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### **About Cancer Cancer Research UK**

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666) and the Isle of Man (1103). A company limited by guarantee.

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