

**Summary:**

Energy is required for all kinds of bodily processes including growth and development, repair, the transport of various substances between cells and of course, muscle contraction. It is this last area that Exercise Scientists are most interested in when they talk about energy systems. In order to extract the energy from the foods we eat and turn it into the chemical energy that our bodies can use, we have three separate energy production systems, and these are the: ATP-PC system, anaerobic glycolytic system and aerobic system. Anaerobic and aerobic respirations are ways your body converts food into energy so that your brain, muscles and other organs can function normally. Exercises can be anaerobic, aerobic or a combination of both energy systems. The exercise type that you perform depends on your goals, health and fitness status and preferences.