

VOCABULARY

- ***Couch potato** – a lazy and inactive person
- ***Dopamine** – functions as a neurotransmitter – a chemical released by neurons to send signals to other nerve cells
- ***Human Biology** – an interdisciplinary area of study that examines humans through the influences and interplay of many diverse fields such as genetics, evolution, physiology, anatomy, epidemiology, anthropology, ecology, nutrition, population genetics, and sociocultural influences
- ***Impulsivity** – inclined to act on impulse rather than thought. People who are overly impulsive, seem able to curb their immediate reactions or think before they act
- ***Procrastination** – the act of delaying or postponing something
- ***Mutation** – the changing of the structure of a gene, resulting in a variant form that may be transmitted to subsequent generations, caused by the alteration of single base units in DNA, or the deletion, insertion, or rearrangement of larger sections of genes or chromosomes

COMPREHENSION CHECK

1. What part of the brain sends pleasure signals?
2. What are the natural rewards that our brains and bodies respond to?
3. How did the mice generations respond after scientists separated mice based on physical activity?
4. What is the “couch potato” gene?



The Science of Laziness

LET'S TALK

1. Are you an active type of person? *If so*, how active is your lifestyle?
2. Do you ever get lazy that you just lounge around and do nothing? And what do you do to fight laziness?
3. Do you agree that we inherit genes from our parents that are responsible for our laziness?
4. Do you ever desire for physical activity? And what do you do to satisfy that crave?
5. How essential do you think is physical activity to human biology?