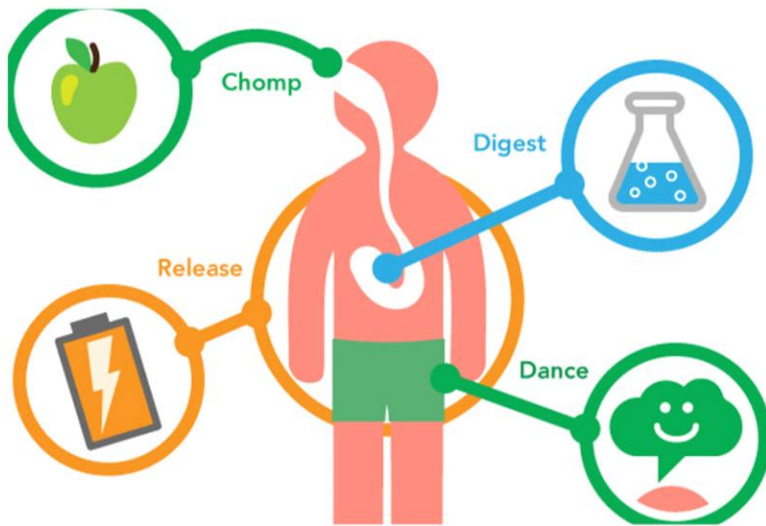


# Speed Up Your Metabolism

Each time you eat, enzymes in your body's cells break down the food and turn it into energy that keeps your heart beating, your mind thinking and your legs churning during a gruelling workout. The faster your metabolism runs, the more calories you burn.



Can losing weight too fast slow my metabolism? Crash diets and other calorie-restricted diets can reduce your BMR (basal metabolic rate). The lower your muscle mass, the slower your metabolism. With less muscle and a slower metabolism, it then becomes a lot easier to put body fat back on after coming off the diet.

Your body naturally burns 1,800 (women) to 2,400 (men) calories each day simply while at rest - functions like your heart pumping, breathing, and your

blood circulating throughout your body keep it busy. Maintaining a high metabolism, however, is directly dependent on your nutrition intake and the amount of exercise you get. As your body converts food into energy, or calories for you to burn, you want to avoid blood sugar spikes that come with eating refined grains and white sugars.

Lots of lean proteins, fruits, veggies, and whole grains in combination with proper hydration are going to power a regulated hormone production that controls your metabolism. And hand in hand with that goes lots of physical fitness. Exercising at least 30 minutes a day helps trigger your metabolism to burn more calories, gets your internal core temperature up which burns more calories, and helps you build muscle mass which also burns more calories!

Another reason workouts are important: muscle mass. "You lose a third to a half a pound of muscle each year unless you're strength training," says Michele Kettles, MD, MSPH, executive vice-president and chief operating officer at the Cooper Clinic in Dallas, Texas. "And with loss of muscle comes weakness that can lead to frailty, which is a true medical condition like hypertension or diabetes." In addition, the less overall fitness you have, the slower your metabolism, the higher your risk for injury and disease, and the less you're able to do the activities you love

***To speed up YOUR metabolism focus on the following 7 lifestyle habits.***

### **Lift Heavy Weights Frequently**

The best way to increase your metabolism permanently is to do regular resistance training workouts. Weight training will build lean muscle and muscle is a metabolically active tissue – it requires a lot more energy to be built, maintained and used than fatty tissue. The increase in metabolism is permanent (as long as you keep the muscle), Of course, resistance training has a myriad of other benefits from better body composition to better health, and is one of the best routes to fat loss.

### **Use the Afterburn Effect**

You burn calories when you work out, but did you also know that there's a way to burn calories – potentially a ton of them – up to 24 hours after you've completed your workout? It's known as the excess post-exercise oxygen consumption or afterburner effect.. So how do you get this metabolic afterburn effect to kick in? The key is workout intensity. High-intensity interval training is a great way to get the kind of workout intensity you need for the afterburn effect to kick in post-workout. Remember, it's about intensity, traditional cardio will give you very little afterburn effect.

### **Eat More Protein & Fiber**

By eating protein-rich and high-fiber foods you're able to crank up your metabolism a bit. Why? Protein-rich and high-fiber foods require about twice as much energy to metabolize than high-carb or high-fat foods. The metabolic-raising effect is going to be short-lived and minimal, but there are also other benefits to eating protein-rich and high-fiber foods which makes it worthwhile.

### **Eat Often**

Low blood sugar occurs when the insulin surge causes too much blood sugar to be transported out of our blood. This can leave us feeling tired, hungry, weak, shaky, lightheaded, and anxious. As a result, we crave sugar and carbohydrates, thinking they will pick us back up. In reality, they start the cycle all over again. And, in the process, our body stores more fat. To keep your blood sugar level you must continue to feed it. Our metabolism resets itself approximately every 3 hours. When you eat every 3 hours you keep your metabolism fired up and your blood sugars level. This gives you a steady stream of energy, eliminates sugar cravings, gets you to your next workout, and much more.

## **Get Enough Sleep**

Not only does getting enough sleep prevent you from turning into a crazy-person but it also makes sure your metabolism is in balance. Research has found that just a few nights of bad sleep will completely unbalance your metabolism. So don't skimp on sleep!

## **Learn to Relax**

Mastering relaxation is your ticket to Zen-like cool when the world around you is going crazy. There's a good reason to learn to relax: it's great for your mood and it can keep you looking lean.

Stress, especially chronic stress, is bad for your metabolism. When you get stressed, your body... your adrenal glands ...pumps out a chemical cocktail, with one of the ingredients being cortisol. Back in the day, you'd either kill a bear or run for the hills. It's not a bad thing. These days though, in the office, for example, you don't have the same options, which makes things a little tricky. Long-story short: excess cortisol, from chronic stress, will disturb the balance of your metabolism (the net effect is that it raises the insulin) which results in comfort eating.

The solution is to slow down for at least 30 minutes a day – and relax, it's good for you!

## **Hydrate**

Water helps improve the digestive process and is imperative in maintaining a healthy urinary tract and digestive system. Water is important to properly metabolize food. Drinking sufficient amounts of water will help the body process and transport nutrients and excrete any waste products once they are metabolized. Drink at least half your body weight in ounces per day and more when you exercise.