

## ***Burn, Baby, Burn!***

### ***Tips for Mastering your Metabolism***

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I often hear individuals excuse themselves from putting forth the effort it takes to lose weight and get healthy with the good 'ole adage, "I just have a slow metabolism." Typically, this is far from true. The more one weighs, the higher his/her metabolism will be, as a greater amount of mass must be moved, requiring more energy. While their metabolism may be high; however, the amount of energy consumed is greater than that being expended, which adds up to additional pounds. I understand the frustration that comes with losing weight, the desire to see results immediately, and the consistency and diligence that finding your health necessitates, but losing body fat and mastering your metabolic monster is not rocket science. Try these tips for fanning the flame inside of you:

1. ***Eat Breakfast:*** Didn't your mother tell you that breakfast is the most important meal of the day? She was right! After a 6-10 hour fast, from your last meal until you wake up, your metabolism has slowed and needs a pick-me-up. Breakfast gets your furnace burning and tells your body that you're ready to go, it gives you energy for the tasks ahead in your day, and it helps to prevent you from feeling famished later in the day and rummaging around for the nearest unhealthy snack.
2. ***Eat frequently and in smaller portions:*** Eating smaller meals more often keeps your blood sugar at optimal levels, particularly when your meals are well balanced and contain both complex carbohydrates and lean protein. When you skip meals, your metabolism slows, downshifting to preserve any energy that your body has left. Small, frequent meals can keep your engine revved.
3. ***Train with Resistance:*** Lift weights or engage in bodyweight training. Do some form of exercise which stresses your muscles. Activity itself increases your metabolism because you are moving, which requires energy, but increasing the proportion of muscle your body has as compared to fat, increases your metabolism even further. Fat is NOT metabolically active; muscle is!
4. ***Train for Cardiovascular Conditioning:*** Get your heart rate up! Walk, run, bike, swim, play with the kids, dance. Work towards getting your heart rate up most days of the week for at least 30 minutes. The higher your heart rate, the more calories you burn, and the higher your metabolism stays following your workout!
5. ***Substitute active habits for sedentary activities:*** Walk around while talking on the phone; park at the far end of the lot; do jumping jacks during commercial breaks; take the stairs instead of the elevator; walk to talk to your co-worker rather than e-mailing; rather than trying to get all your grocery bags into the house in one trip, take one at a time.

Developing an exercise and nutritional program specific to your goals can be complicated. Your metabolism depends a lot on your activity level and daily habits in relation to diet, how your body reacts to the various food groups, and your genetics. Studies have shown that most individuals who embark on a weight loss program on their

own, will not succeed, and each time a dieters weight yo-yo's, his/her metabolism suffers, making weight loss that much more difficult the next time an attempt is made. Having an approximation of your basal metabolic rate (the amount of calories you burn on a daily basis just to sustain life) can be helpful in determining the most appropriate number of calories to consume each day in order to lose body fat. In the meantime, increasing your activity and revamping your diet to include clean, whole foods of the appropriate portion sizes can make a significant difference.

*On The Run Fitness offers metabolism testing. View their website at [www.ontherunfitness.com](http://www.ontherunfitness.com) or call 970-667-3781 for more information.*