

Metabolic Transformation

USE THESE TIPS TO JUMP START YOUR METABOLISM AND HELP YOU SHED THOSE EXTRA CALORIES YOU ARE WANTING RID OF!

- Your metabolism is your body's way of expending energy by breaking down the food you eat to run your body how it should.
- The metabolism helps your body to burn calories, fat and carbohydrates.
- There are many things that can speed up and slow down your metabolism.

SOME IDEAS TO GET YOUR METABOLISM GOING:

Diet

Exercise

Life Practices

Your Choices



Diet



Breakfast—A must!



Eating a good breakfast will start your metabolism off right at the start of each day. When you skip your morning meal, your body begins to slow that it may conserve energy. And don't forget the joe! Grab a cup of caffeinated coffee to raise your heart rate, burning a few extra calories .



Eating in Multiples

It is researched that increasing your food intake to 5-6 times a day may lead to a faster metabolism because digestion helps speed up that process. Keep in mind though that those meals should be small and of good quality nutrition.

Power Boosting Foods:

- **Chewing Gum**
- **Coffee**
- **Green Tea**
- **Spicy Foods**
- **Cold Water**

Power Punch with Protein

Protein is a good source to help build and maintain lean muscle mass. Muscle is proven to burn more calories than fat does, even at rest. You want to aim between 20-30 grams of protein per meal. Protein paired with the appropriate workouts can give great results.

Choices, Choices, Choices!

There are a lot of foods that you can start eating that will add some extra caloric burn to your day. Red Peppers and chilies can spike your heat production and organic foods with less pesticides will allow your body to function a bit more efficiently. Other items like celery, raspberries, and spinach are great options.



Exercise



Mix It Up & Slow it Down

Interval training is a great way to intensify your workouts while also helping you burn the same amount of calories in less time. Bursts of intensity and speed may boost your body's fat-burning response.

In strength training, slow your movements down to increase resistance and the break down of muscle. Repair that comes with strength/weight training will maximize your metabolism for up to 72 hours after your workout. Try using heavier weights as well to where you struggle just a little to finish your last few reps.

Pump It Up

Try breaking your cardio segments up throughout the day instead of all at once. Your metabolism is boosted for hours after each workout.

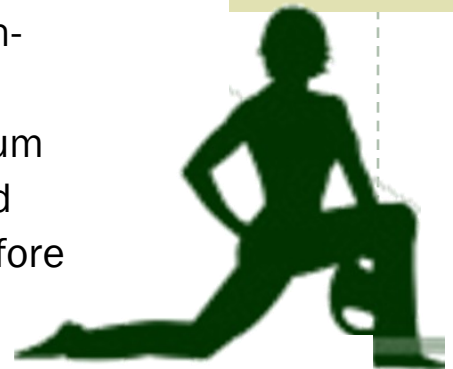
Once again, interval training in cardio can result in much more elevated metabolic expenditure. Try doing one minute of regular intensity and then thirty seconds of high intensity, switching it up every time.

Supplements

Natural dietary supplements are a great way to add an extra boost to your metabolic health. Such things as fish oil added to your diet a few hours before a workout can increase your fat burning enzymes.

Cinnamon, green tea, vitamin B-12 and Chromium picolinate also can help increase your metabolism and glucose breakdown. **Always consult your doctor before adding supplements to your diet.**

*Try doing
jumping
jacks
between
your reps
for added
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Life Practices

Sleep Is Essential

When you don't get enough sleep like you should, it throws off balances in your body that regulate energy use and appetite.

Sleeping less than 8 hours could cause a slow in your metabolism or a change in your body mass index.

You Become the Top Chef!

Quick food and drive-through food is not always the best for your metabolic health. Heavy foods high in carbs and fat are only going to slow your body down.

When you can prepare your own food, you know what is in it and you burn extra calories cooking it up too!



Overcome Being Overwhelmed

High stress in your life can hinder you from gaining high metabolic rates. Stress releases cortisol which is said to leave fat to accumulate in the body.

To help, try a few yoga moves a day or deep breathing exercises before each meal and morning and night when you wake up or go to bed. It will do wonders for your body and soul!



Choices

Daily Routines

Everyday you are faced with choices that could be the difference in you seeing results in your fitness goals. Such things as riding your bike to work, using the stairs as opposed to the elevator or even taking the long way to the break room or restroom are going to add to your daily calorie expenditure, therefore boosting your metabolism.

When sitting at your desk, try these ideas:

- Tapping your feet
- Shrug your shoulders
- Rolling your neck
- Wiggle your toes



Choose Dairy

Calcium, like what is found in milk and yogurt, can help metabolize fat more efficiently. This way, it increases your rate of getting rid of that fat within your body through its use of active cultures.

Wiggle Room

Study suggests that those who fidget, stand or walk more during the day can burn up to 350 more calories than those who do not.

Skip the Second Drink

Knocking out one or two mixed drinks, beer or glasses of wine will definitely decrease your calorie intake for the day. Those beverages put around a 70% hold on your fat-burning capabilities! This is all thanks to how our liver works and reacts with alcohol.