



Get Fit. **Life Tip.** **Metabolism**

What is it? The rate at which your body burns calories by converting food to fuel.

Think of your body as a furnace for a train that burns coal for fuel to power the train. To get the most from the furnace you need to constantly add fuel to keep the fire burning and if you don't the fire will stop; adding too much or too little coal to the fire, will cause the furnace to store the excess instead of using it, causing the fire to die. Similar to the furnace, your metabolism burns food/calories to fuel the body for exercise, bodily functions, walking, breathing, etc. To provide your body with a constant source of energy (food/calories) you need to eat healthy foods regularly throughout the day, to ensure that your body doesn't store the excess as fat.

If you have a slow metabolism, you are more likely to gain weight

If you have a fast metabolism, you are more likely to lose weight

Can I change my metabolism?

You can't change your metabolism, but you can improve it! Your metabolism can be manipulated in many ways, to help you increase/decrease your metabolism.

▪To increase your metabolic rate

Stay hydrated by drinking plenty of water

Eat smaller nutrient rich meals more frequently throughout the day (whole grains, fruit, vegetables, lean meats, etc.)

Strength train and add lean muscle mass to your body; muscle helps to burn fat

▪To decrease your metabolic rate

Eat 2-3 meals a day less frequently

Eating and drinking energy dense foods (high calorie, low nutrient content, ie. junk foods, sugary drinks, fried foods, etc.)

Note: Eating energy-dense foods can have a negative impact on your overall health (cholesterol, blood pressure, diabetes, etc.)

Check out what's new for 2011 at www.bwittegetfit.com or find us on Facebook!

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

If, at any time, you decide that you no longer wish to receive Get Fit. Life Tip., please respond to this e-mail with "Unsubscribe" in the subject line.