

Kick Start Your Metabolism

To kick start your metabolism – you first have to understand what metabolism is – or it might end up be like someone trying to change the alternator on a car, but have no idea what it is or where it is, etc.

Dictionary.com defines it as “the sum of the physical and chemical processes in an organism by which its material substance is produced, maintained, and destroyed, and by which energy is made available.” So as you can imagine, I must respond with a big – say what – basically it is the a term for how the body processed things put in it and creates energy – w hich by doing so burns fat, which is what we are concerned about.



We want our bodies to use energy efficiently and to maintain our muscle while keeping our fat in a healthy range. To do this efficiently it is like how a car continuously provides gas to the engine while you drive – if you were to turn the flow of gas on right when you got in, then turned it off for a while, then back on, and off and then on and then off again, the car wouldn't run smoothly. It would either continuously break down or it would have to suck up a whole bunch extra and store it all up. Which is very similar to what we do with our bodies and thus how they react – we often feed it, then stop, feed it later, then stop and do that one more time, so since it really isn't sure when fuel is coming, our body stores it up just in case. So from this above mentioned analogy, it sounds like we should continuously feed it and we can do so by utilizing a number of simple strategies to rev up the engine on our own engine and even kick our metabolisms into the high efficiency zone, like some do with their cars by adding all of those performance enhancing additives – yet we can do this through natural things.



#1 - Don't even think about waiting to have breakfast! When you wake up in the morning from that wonderful beauty sleep, rested or not, your metabolism is running at the lowest gear of the entire day. Your body is running on fumes! Research from the labs at Athletes Performance by Amanda Carlson showed that metabolic rates were lowest in the morning before individuals ate anything at all. The second you eat something, your body cranks into gear and metabolically starts working at a higher rate. That shower with the Irish Spring may wake your mind and your senses up, but that breakfast wakes up your metabolism.

#2 - Do not skip meals! You should be eating every 3 hours. When the body has to digest food, it has to work to get it broken down into a usable form. The fancy term for this is "the thermic effect." What does this mean to you? It means that every time you eat, your body has to rev up the engine to break that food down. Now, I am not recommending that you eat huge meals every three hours or swing by to get a quarter-pounder a few times a day. I am recommending that you eat a combination of high-fiber carbs, lean protein, and healthy fats every three hours, in portions that are correct for your size and activity level. When it comes to the number of meals, less is not more. In fact, more meals, means more metabolic revving, so eat wisely, but eat up.

#3 - Include a lean protein source with every meal. Looking at what is the best stuff to put into a car to make it rev up the most, you can also ask that question about your body – for what has the highest thermic effect - and it is protein! When you eat protein, it is like throwing lighter fluid onto a fire; therefore, include a lean protein source with every meal to get a little extra burst of metabolic

power. When choosing your protein, Amanda Carlson recommends an easy saying of: "The less legs the better." Fish have no legs and are a lean and healthy source of protein. Turkey and chicken have two legs - take off the skin and don't fry it and you have a fabulous source of protein. With anything that is or comes from an animal with four legs, be selective. Lean cuts of red meat and low-fat or non-fat dairy are the only way to go.



#4 - Exercise is a must! Remember the more oxygen dept you put your body into, the harder it has to work to catch up and the more calories burned. There are many ways to exercise, so open your mind and explore many different ones. Weight training and circuit training where you have 40-70 seconds under tension per set will rev up the metabolism. Interval training can also bump up the metabolic marvel! Bottom line: all training will assist but remember some exercises and types of training can create more bang for your buck. Try to do vigorous training four days per week and save the long easy sessions for your recovery days or second workout of the day.

#5 - Drink your green tea! Some have heard this in the news and thought it might just be a fad, but it is actually been shown to work in helping you shrink the fat on the body. It works because green tea has a natural component that helps to speed up the metabolism. Now, I am not talking about Lipton sweetened green, I am talking about brew-it-yourself with boiling water and a tea-bag-type tea without adding sugar. Green tea contains substances called catechins that stimulate the body to burn calories (rev up the metabolic engine). Researchers have proven this and studies showing that four cups of green tea per day can help reduce body fat have been published in the American Journal of Clinical Nutrition. Added bonus? Catechins have been shown to have anti-inflammatory effects, anti-cancer properties, and may help control cholesterol levels.

So I still don't have a magic pill or solution that you can take, but gosh that tea seems like it is close – yet it still requires exercise with it. I hope that these strategies do help although and if you can incorporate them a little at a time; you will end up on the right track to a healthier lifestyle.

