

BE STRONG

Eat. Move. Live

THE KNOWLEDGE

WHAT IS METABOLISM?

Metabolism is the rate at which our body performs all its natural functions – processes food, nutrients, medicines and toxins, regenerates and renews cells and detoxifies our organs. It is literally every chemical process that is undertaken within our bodies.

But why does it affect weight loss? Because it is also the way in which your body metabolises energy from where it is stored within, and from the food that we fuel ourselves with. The faster or more efficiently your metabolism works, the quicker you burn through calories.

We don't all have the same metabolism, it is affected by your gender, age, height, weight, body composition, activity levels, hormone levels and your health status therefore it can change throughout your life depending on how these things change. Not only that, but you can also boost your metabolism to improve the way your body utilises energy.

5 WAYS TO BOOST YOUR METABOLISM

- 1 Muscle mass** – muscle is more efficient at burning fat stored within our bodies. Therefore the more muscle we have, the more efficiently our metabolism works. We can speed our metabolism by building lean muscle mass. Lean muscle mass is built by doing regular strength work – not just in the gym, but things like carrying and lifting heavy items, gardening work, any movement involving jumping or bouncing, or using force all help to build lean muscle.
- 2 Eating regularly** – When we eat, we boost our metabolism, which is why we recommend that you eat regularly and avoid getting too hungry. When we fast, our metabolism starts to slow down, meaning it becomes less efficient. Eating regularly keeps the fire burning and churning through those calories – just make sure we are eating in the right amounts for our calorie allowance.
- 3 Eating protein at every meal occasion** – Protein causes the largest increase in the Thermo-effect of food, which is essentially our body heating up to digest the food we eat. Protein is harder to digest so it takes more effort from the digestive system, therefore burning more calories in doing so. It also helps to build or replace muscle!!
- 4 Drinking cold water** – Drinking cold water boosts your metabolism as your body works to bring your body back up to a comfortable temperature. Scientific studies have shown that drinking 500ml (or a pint) of water can increase your metabolic rate by 10-30% for about an hour after drinking, the greater increases are seen when drinking really cold water.
- 5 HIIT exercises** – Like the ones we do in a Be Strong session are great for boosting metabolism. Studies show that resting energy expenditure increases in participants of HIIT sessions. They also make you fitter too, as further studies have shown an improvement in VO2Max, as a result of regular HIIT sessions, which is a measure of cardio-vascular fitness.

Whilst our metabolism is something that a lot of us blame for our ability to lose weight or put weight on, we can absolutely do something about it. However, the real key to weight loss is to get that calorie deficit right!

But, if you feel like you're at a plateau and you aren't getting the results you want a few tweaks here and there to give your metabolism a boost, won't do you any harm.