
Module 2, Lesson 3 Tool:

Ways to Maximize Metabolism

You may not get to choose your genetics, but you do get to choose what you do with the body you're born with. There are things you can do to make sure you're as empowered as possible to boost your metabolism. Body changes, weight gain and weight plateaus are not inevitable. Here are a few tips to help you live a Nutritious Life and give your metabolism the best shot it's got.

Build Lean Body Mass: Lean body mass is more active than fat mass and burns more fuel than any other tissue in the body. Increase your muscle mass by incorporating weight training into your exercise routine and think about adding high-intensity interval training (HIIT) workouts too. HIIT workouts have been shown to increase metabolism even after the workout is finished.

Drink Up: Being properly hydrated from drinking water may keep your metabolism working at its best - up to 25% higher. Green tea may also give your metabolism a boost. Aim for 8 cups of water a day and 1-2 cups of green tea.

Eat Empowered: Eat your veggies, lean high quality protein and healthy fat. Veggies are associated with weight loss even when the calories in a diet are controlled (in other words, calories aren't created equal). Also, there's research linking antioxidants to weight loss, although the mechanism is still unknown. Protein has the greatest thermic effect of food (how much our metabolism is boosted simply from eating). It also helps build muscle, which as mentioned above is more metabolically active, and it provides satiety, helping you to feel satisfied longer. And, finally, fat helps you burn fat and provides satiety.

Spice it Up: Research shows that the compound capsaicin found in spicy foods may give your metabolism a slight boost.

Stand More: Sitting is the new smoking. It slows your metabolism. You burn roughly 30% more calories standing up than you do sitting down. Stand more!