

BURN, BABY, BURN!

FIVE EASY METABOLISM BOOSTERS TO HELP YOU BLAST THOSE CALORIES
COURTESY OF PERSONAL TRAINER DAN ROBERTS

→ Everyone has a different metabolic rate. Your age, sex and genetics all play a big part in what this rate is. However, the reason you are slim, a bit cuddly or overweight has more to do with the lifestyle choices you make than your genetic metabolism. Here are six changes you can make to become a more efficient fat-burning machine!

EXERCISE



Changing your body composition (muscle-to-fat ratio) is the best way to boost your metabolism. Cardio helps, but not as much as you might expect. Having more muscle on your frame makes the biggest difference to your metabolism, because it takes more energy to build up and maintain muscle than fat. Work out often and pay attention to your resistance-training programme.

EAT 'GOOD' FOOD



For increased metabolism, good health, training goals and fat loss, proteins and low-GI carbs are good, as they require more energy to break them down. Sugars and booze are bad, as your body doesn't need to 'convert' them. Your food choices are key to being healthy and fit. Remember, your body is a machine, so look after it by sticking to a balanced, high-protein, low-GI diet.

DRINK WATER



All chemical processes, including metabolic ones, work more efficiently when you're well hydrated. If you are ever thirsty, then you are dehydrated! So, drink before you get thirsty by making it part of your daily routine. As a bonus, your skin will look better, too.

EAT LITTLE AND OFTEN



Have five small meals a day. This is great for digestion, energy levels, weight management and metabolism. Always eat breakfast and then eat every few hours. Total calories is important – no matter how fast your metabolism is, if you eat loads you will get fat! Try to use your hunger as a guide. Remember, your body gets easily confused between thirst and hunger – another good reason to stay hydrated.

SEE YOUR GP



If you are following all of these suggestions, but still not losing weight, you may have an underactive thyroid. There are medications that can help if this turns out to be the case. Although having an underactive thyroid is relatively rare, it is a possibility, so if in doubt, ask your GP.

'YOUR BODY GETS EASILY CONFUSED BETWEEN THIRST AND HUNGER, SO STAY HYDRATED!'

HOW MANY CALORIES DO YOU BURN EACH DAY?

Your basal metabolic rate (BMR) is the amount of calories needed to keep your body going. Here's how to work it out...

$$655 + (9.6 \times \text{weight in kg}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$$

To find your true metabolic rate, you need to factor in your training habits:

- BMR X 1.2 (no exercise)
- BMR X 1.375 (light exercise one to three times a week)
- BMR X 1.55 (moderate exercise four times a week)
- BMR X 1.725 (hard exercise six times a week)
- BMR X 1.9 (professional athlete / physical job)
- The number you are left with tells you how many calories your body needs per day.