

thinking ahead...



Gallagher Benefit Services, Inc.



for your company
for your employees
for your future

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WELLNESS WEEKLY

METABOLISM BOOSTERS

Metabolism booster 1 - Kick it up a notch

The next time you run, swim, or even walk, ramp up the intensity for 30-second intervals, returning to your normal speed afterward. Using this strategy will help you consume more oxygen and make your cell powerhouses, the mitochondria, work harder to burn energy.

Metabolism booster 2 - Get your omega-3s

Eating lots of fish rich in omega-3 fatty acids like salmon, herring, and tuna, will help amp up your metabolism. Omega 3-s balance blood sugar and reduce inflammation, helping to regulate metabolism. They may also reduce resistance to the hormone leptin, which has been linked to how fast fat is burned.

Metabolism booster 3 - Make some muscle

Not only does muscle weigh more than fat, but it also uses more energy. Strength training can increase your resting metabolism, keeping it set at a higher rate, even on days when you don't make the gym.

Metabolism booster 4 - Don't slash those calories

It is a frustrating reality of dieting—if you cut out too many calories, your metabolism knows it is not consuming enough food and will slow down the fat burning process to conserve energy. Eat enough calories to at least match your resting metabolic rate.

Metabolism booster 5 - Get started in the a.m.

Make sure you eat breakfast. Eating a nutrient-rich morning meal shortly after getting out of bed literally wakes up your metabolism. It also keeps you feeling more satisfied throughout the day. Many people who have not eaten breakfast will snack on foods that are high in fat and sugar.

Metabolism booster 6 - Enjoy the afterburn

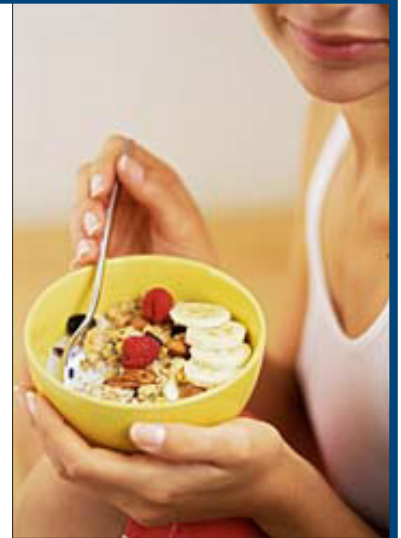
Exercise is a gift to yourself that keeps on giving. In a phenomenon known as excess postexercise oxygen consumption (EPOC), your body can take hours to recover from a robust workout and return to its previous resting metabolic rate. So, your body is actually burning more calories than it normally would—even after you've finished exercising.

Metabolism booster 7 - Eat several small meals

Eating several small, healthy "meals" throughout the day is a proven strategy to curb your hunger and eat fewer calories overall. This can keep your metabolism running by holding blood sugar levels steady and preventing insulin spikes. Experts recommend five to six small meals a day, around 300 calories each.

Metabolism booster 8 - Think protein

Your body digests protein more slowly than fat or carbs, so you feel full longer (this is especially true when you have it for breakfast). Since it takes longer to burn protein than carbs or fat, your body expends more energy absorbing the nutrients in a high-protein diet.



Brought to you by Gallagher Benefit Services, Inc / Source: Richards, Sarah E. "The Best New Ways to Boost Your Metabolism." www.webmd.com