



rev your metabolism

Fall is here and many people are still wondering how to shed those extra summer vacation pounds. Don't be tempted by desperate measures that will only backfire in a few months. Starving yourself can be detrimental to long term weight management. This will slow metabolism and lead to yo-yo dieting along with frustrating weight fluctuations.

The best solution for successful weight loss is to maximize your metabolic rate. Follow these simple steps to increase the caloric burn:

Exercise.

The body's ability to burn calories is most effective when you have a regular exercise routine. For best results, incorporate cardiovascular work-outs at least four to five times per week, and weight training two to three times per week. Exercise burns calories while you are working out, and for at least two hours after. Weight training is particularly important because muscle burns more calories than fat. One pound of muscle burns 50 calories per day compared to 2-3 calories for every pound of fat. The more muscle you have, the faster your metabolism will be even when you are resting!

Hydration.

If you are dehydrated, your metabolic rate can decrease by 10-20%. Aim to consume ½ of your body weight in ounces of fluid.

For example, a person weighing 150 pounds should consume a minimum of 75 ounces of fluid per day. Plus, every pound lost in sweat during exercise should be replenished with 16 additional ounces of fluid. Any fluid that is not caffeine or alcohol counts toward your daily fluid requirement. Beware of fruit juices, which add empty calories and provide as much sugar as a soft drink.

- Sprinkle your metabolism all day by eating about every four hours. When you skip meals or go too long without eating, your metabolic rate slows down to conserve energy. Eating frequently stabilizes blood sugar and energy levels, and may prevent urges to snack excessively. Remember... eat more frequently, not more food. Three moderate meals and a snack or two is sufficient for most people.
- Include protein and complex carbohydrates with every meal and snack. These foods expend more energy and burn more calories during the digestion process because protein and carbohydrates (ones that contain fiber) take longer for the body to break down. This is known as the thermic effect of food. An added benefit is these foods will keep you fuller for longer, which may prevent overeating. Select lean sources of protein such as eggs, fish, chicken, lean cuts of red meat and pork, turkey, beans, and Greek

yogurt. Aim for approximately ½ of your body weight in grams of protein. For example, a 120 pound person should aim for 60 grams of protein per day. Include high fiber complex carbohydrates such as whole grains, fruits, vegetables, and beans. Avoid refined carbohydrates, which cause a surge in insulin, promoting fat storage and a slower metabolism.

- Consume adequate calories. If your body does not get enough calories for energy, it will burn muscle for fuel. This is a double whammy because metabolism will slow down and muscle mass will be used for fuel. If you are trying to figure how many calories you need, a very general equation is to multiply your goal weight by 11. For example, a 120 pound person needs about 1300-1400 calories per day.

A safe rate of weight loss is approximately ½ - 2 pounds per week. As you age, your metabolism slows down generally every decade after age 40 by 5-20%. This does not mean you are doomed after 40, you just have to work a little harder to maximize your metabolism so you can burn calories like you did in your 20s!

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