

Top 11 Ways to Boost Metabolism



1. Eat little and often

Small and regular meals throughout the day will keep your metabolism high. If you eat the same amount of food in just one or two large meals as you do in five or six mini-meals and snacks you will burn fewer calories. This is because your metabolism slows down between meals. Never skip meals to save calories. Having a low-calorie snack will work much better and will also stop you falling ravenously on the nearest chocolate bar later in the day.

2. Eat breakfast

Your metabolism slows down overnight. When you have been through a period of more than eight hours without eating you need food to get your metabolism going again. So have breakfast as soon as you can after you wake up. If you're not a breakfast person take something healthy with you when you leave the house and have it as soon as you can face it. It's not great for your weight loss plans to have to boost your metabolism with a mid morning cookie or cake.

3. Eat enough

If you eat too few calories, your metabolic rate will automatically drop. This is a self preservation mechanism, which kicks in when your body thinks you are starving. The safest bet is to eat about 250 calories less than you need at the sedentary level and to take 250 - 500 calories of exercise each day to give a steady weight loss of between one and two pounds a week.

4. Eat Lean Protein

It takes more energy for the body to digest protein than carbohydrate or fat. Studies have shown that people who eat a high-protein diet burn more than twice as many calories in the hours following their meal as those eating a high carbohydrate diet. While the safety of high-protein diets can be disputed, it does make sense to include some lean protein as part of each meal.

5. Eat Fibre

Food with lots of fibre also gives your thermic metabolism a boost. High-fibre foods like beans, fruit, vegetables and whole grains simply take longer to digest and therefore help burn more calories.

6. Spice up your food

Spicy foods (especially chilli) raise the metabolism by as much as twenty-five per cent for a few hours after eating. So eat hot and spicy food a bit more regularly and see if this helps you. Just go easy on the refried beans and guacamole if you decide to go Mexican!



7. Get some shut-eye

Cutting back on sleep appears to compromise efforts to lose fat. In fact, in one study, it reduced fat loss by 55%. When you disrupt sleep, you disrupt your hormones, you become glucose intolerant, you want to eat more, and you don't metabolize what you eat as well. Most people need 7-9 hours of sleep each night.

8. Drink Green Tea

The phytochemicals in green tea are supposed to raise metabolism slightly by causing your brain and nervous system to run more quickly. Although not many sizable and conclusive studies have been done on this to date, drinking green tea rather than milky coffee or other calorie-laden beverages will help you lose weight!

9. Get active

Aerobic exercise for more than thirty minutes not only burns calories but also keeps your metabolism high for several hours afterwards. The best time for exercise is in the morning as it will help kick start your metabolism for the day. If you can do 30 to 60 minutes of aerobic exercise almost every day your metabolism will soar. Interval training would help even more.

Muscles burn calories even when you're resting. For every pound of muscle you add, you burn about 50 extra calories a day without taking any more exercise. So it's a great idea to include some resistance or weight training in your exercise regime. Twenty minutes 2-3 times a week is enough to make a big difference in your metabolic rate as well as the shape of your body.

10. Watch the alcohol

On top of the empty calories that alcohol contains, it also has a dehydrating effect, which slows down your thermic metabolism. Alcohol tends to inhibit the process of metabolizing fat too, which can lower your basal metabolism. And there's not much chance of you wanting to exercise after all that booze so it'll have an effect on your activity metabolism too. Bad news all round!

11. Chill out!

There are several reasons why stress contributes to weight gain. Cortisol (a stress hormone) is released and can slow your metabolism; people under stress tend to crave more fatty, salty and sugary foods. Prolonged stress can alter your blood sugar levels, causing mood swings, fatigue, etc. Excessive stress even alters where we store fat – our stomach – which is linked with greater health risks than fat stored in other areas of the body. Try to find times where you can relax and do things you enjoy.