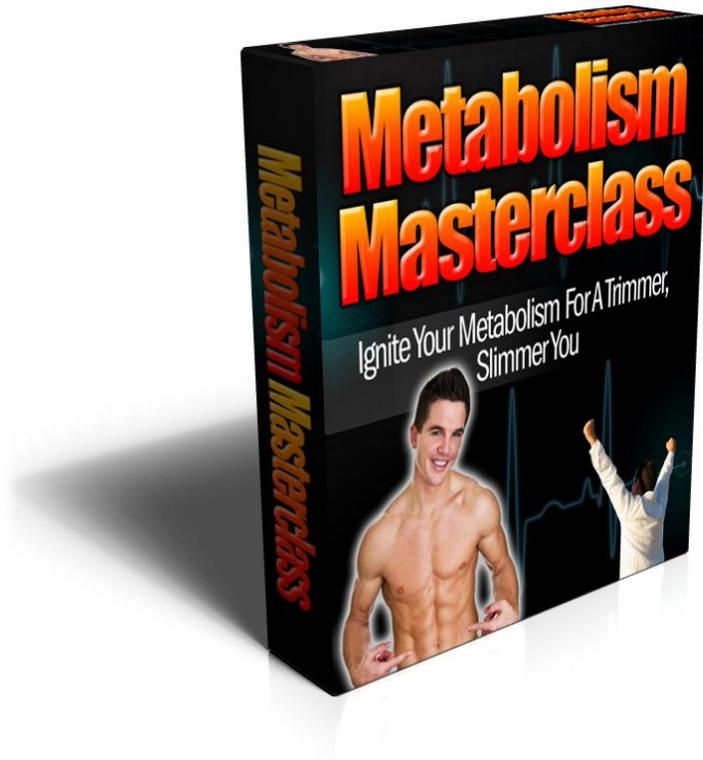


Ignite Your Metabolism



**FIRE UP YOUR METABOLISM AND
ACHIEVE LASTING AND NATURAL
WEIGHTLOSS STARTING TODAY!**

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FIRE UP YOUR METABOLISM NOW!

Introduction

If you have heard about metabolism, chances are it is in relation to weight loss. Metabolism is bigger than weight loss, though, as you will learn later on. It is about a healthier, better you.

If you want to fire up your metabolism and do not have any idea how to do it, you have come to the right place. If you have tried to speed up your metabolism before but do not see visible results, you have also come to the right place.

This book will walk you through the basics of metabolism and all that you need to do to speed up your metabolism.

Enjoy the trip! And don't forget to take the lessons home with you.

Chapter One

YOUR METABOLISM – MASERTERING THE BASICS

Metabolism Defined

Metabolism, in its most basic sense, is the body's conversion of the calories from the food you eat into energy. It is a series of chemical reactions that give your body the energy to do what it needs to do to keep functioning – and consequently, for you to keep living. Without metabolism, you would not be able to move or think. Metabolism provides energy for your body and your individual organs to work smoothly.

To better understand the importance of metabolism, consider this: if your heart stops beating, you die. Likewise, if your metabolism stops, you die – because without metabolism, you will not have the energy even to breathe, or for your heart to beat!

How Metabolism Works

First, let us start with the act of eating. As you chew and swallow your food, it goes down to your digestive tract. Digestive enzymes then break down your food – carbohydrates to glucose, fats into fatty acids, and protein into amino acids. After the nutrients are effectively broken down, they are absorbed by the bloodstream and are carried over to the cells. Other enzymes plus hormones then work to either convert these nutrients into

cells or building blocks for tissues or release them as an energy supply for the body's immediate use.

Metabolism Types and Components

There are two basic metabolic processes – one is constructive, and is responsible for building and storing energy for the body. The other is destructive, though in a positive sense, as it breaks down nutrient molecules to release energy.

The constructive metabolic process is called anabolism, while the destructive process is called catabolism.

Anabolism promotes the growth of new cells, the maintenance and repair of tissues, and the storage of energy – usually through body fat – for future use. Small nutrient molecules are converted into larger molecules of protein, carbohydrates and fat.

Catabolism, meanwhile, is responsible for immediately providing the body energy to use. Instead of building up, it breaks down the nutrient molecules to release energy.

These two processes do not occur simultaneously but are balanced by the body.

Catabolism, in particular – though some attribute this to overall metabolism – has three components:

1. Basal metabolism → Sometimes called resting metabolism, this is the metabolism component responsible for keeping you alive by ensuring normal body functions. Even if you were bedridden the whole day, basal metabolism is still at work.

Basal metabolism is metabolism's main component, as 60 to 70 percent of the calories from the food you eat are used for this. People who want to lose weight usually aim for a higher basal metabolic rate (BMR).

2. Physical movement → This can range from a simple moving of your fingers to strenuous exercise. Usually 25 percent of the calories you consume go here.

3. Thermic effect of food → This indicates the digestion and processing of the food you take in. Normally, ten percent of the calories of the food you eat are burned through this.

Thus, taking all this into account, here is our metabolism

formula:

Calories From Food = Calories Expended From Basal Metabolism (60-70%)
+ Calories Expended By Physical Movement (25%) + Calories Expended
Digesting Food (10%)

What Affects Metabolism?

Your metabolic rate, or how fast or slow your metabolism works, is influenced by a number of factors:

- 1. Genetics** → Yes, metabolic rate is also inherited. Sometimes this makes an entire world of difference between a person who can eat almost everything and not gain an ounce and a person who easily balloons after indulging just once.
- 2. Age** → The younger you are, the faster your metabolism is. Metabolism slows down as you age. Women's metabolic rate starts falling at the age of 30; for men, decline starts later at the age of 40.
- 3. Gender** → Men have a faster metabolic rate – usually 10-15 percent faster – than women because their bodies have a larger muscle mass. Muscle plays a key role in fast metabolism, as will be discussed in the chapter on exercise.
- 4. Amount of lean body mass** → As already mentioned above, more muscle = faster metabolism.
- 5. Diet** → Some foods will help you, some will only harm you. While timing is not everything, when you eat also greatly affects your metabolism. The difference is discussed in the chapter on eating right.

6. Stress level → Stress is inversely proportional to metabolism.

The more stress you are subjected to, the lower your metabolism. You will better understand this when we move on to the chapter about stress.

7. Hormones → Specific hormones metabolize specific nutrients.

How well the hormones work, then, directly affects metabolism. To a certain extent, diet and stress levels affect the hormones involved in metabolism, as you will find out later. Hormonal disorders or imbalances can affect metabolism as well.

Looking at all these factors that influence metabolism, you now probably have a general idea of what you need to do to increase your metabolism – accept the things you cannot change, and work on those that you can!

But before we get into the detailed program for firing up your metabolism, first, know what's in it for you! And find out the kind of resolve you need to achieve the level of metabolism you want.

Chapter Two

WHY YOU SHOULD FIRE UP YOUR METABOLISM

It's not all about weight loss, though discussions on metabolism seem to focus almost exclusively on this concept. In fact, even if you feel that your weight is perfectly fine, you have a lot to gain by increasing your metabolism. Following a list of the benefits you stand to gain by applying the advice in this book:

- 1. Lose weight.** Let's start with the most obvious benefit. By increasing your metabolism, particularly your BMR, you will burn more calories just by doing the activities you usually do. Even while you lie in bed and stare at the ceiling or even while you are sleeping, your body is working to burn the calories you consume. With an increase in metabolism, you can actually shed one or two pounds a week. Best of all, the results are long-term, unlike a quick-fix diet! Now, isn't that more satisfying – and easier – than going on a fad diet?
- 2. Eat more without worrying about it.** Since you burn calories faster now, you can eat more without feeling guilty. This does not mean overindulging or snacking on junk food, though. But in general, you can be less concerned about the quantity of food you eat.

3. Feel more energized. People with faster metabolism report having more energy. With a faster metabolism, your body is performing efficiently to release the energy you need to get going.

4. Look better. The skin of people with a fast metabolism is brighter and more radiant. Their faces are pinkish, more alive with color. With a faster metabolism, you will not only feel good but also look good!

Chapter Three

THE RIGHT MINDSET FOR INCREASING YOUR METABOLISM

You are probably wondering what all this has to do with mindset. Why not go directly to the advice for increasing your metabolism?

Boosting your metabolism is about changing your lifestyle and habits. Though you may choose to start with small changes, you will still be changing the way of life you have become used to – and it may feel uncomfortable at first. Boosting your metabolism requires discipline and consistency in your actions. And since you are expecting long-term results, you are likewise expected to make a long-term investment.

From here on, please look at the advice I will be presenting as an entire package or program. You cannot do only some of them and still get the same results. The tips here follow the gestalt principle – the whole is greater than the sum of the parts. Trust that the components of the program all work harmoniously to deliver your desired result.

Chapter Four

HOW TO FIRE UP YOUR METABOLISM

As I mentioned, please treat the advice you read here as an entire program in which you will need to apply *all* the components in order to boost your metabolism.

First, we will talk about exercise, as this is perhaps the most crucial element in the program. Exercise done right can greatly contribute to increasing your BMR. Here, you will learn how to exercise smart, and not always hard, as some fitness programs might advise. We will be talking about the importance of building muscle mass and applying the right intensity to exercise.

The second section is about eating right – not about eating less, as some weight loss programs would advise – but eating smart. You will learn that the results you get will not only come from the food you eat, but *how* and *when* you eat as well.

The last section is about coping with stress. Some might see little importance in this section. Know, however, that stress is a real and strong impediment to boosting your metabolism. Bear this in mind as you read through this section.

Take time to absorb each piece of advice. You can start applying the advice here little by little, but with the intention of putting it all together once your body has adjusted.

Fast Metabolism Fuel #1:

EXERCISE SMART

Notice that I mentioned *smart*, not *hard*. Though some exercises here may be high-intensity and may indeed be hard for you, you need not work as long and as hard as you may think. The goal here is to fire up your metabolism with an exercise program that takes the shortest time and the least effort possible without sacrificing results.

The two elements in this exercise program are strength and resistance training for building lean muscle mass and interval training for speeding up the metabolic process in general.

Strength and resistance training

The exercises under this training program are designed to literally build strength and resistance, as the name suggests. Tension is applied on

the muscles to achieve this. I can not stress the importance of time under tension. It refers to the total time a muscle resists weight during each set.

Building muscle is important as more muscle in your body means more calories burned. Fitness trainer and consultant Robert Reames gives a perfect analogy by calling muscles fireplaces in the body that burn fuel – meaning calories. So the more fireplaces, the more fuel burned. For every pound of muscle added to your body, 40-50 calories more are burned per day.

While building muscles are usually associated with weight training, this is not always the case. There are in fact several exercises that do not require weights at all. If you are on a tight budget, you can in fact do exercises with no weights at all. For best results, though, do a combination of strength exercises with equipment and without equipment.

For clear differentiation, let us discuss weight lifting exercises first.

Weight lifting is a convenient muscle-building exercise as it applies tension to your muscles through an external source, the weights. You can also easily measure your progress as the number of pounds or grams is indicated on each weight. As your body adjusts and strengthens, you can add more weights or replace your current weights with heavier ones.

The best weights for you are those that put tension in your muscles but do not make you feel fatigued.

The best exercises for achieving faster results for boosting metabolism are those that work several muscles in your body together. It's not a problem if you want to focus on a particular muscle, though, for example, if you want to tone or sculpt a specific body part.

There are many weight-lifting exercises you can choose from to include in your routine, but here are some basic examples:

- 1. Bench press** – This is a multi-joint exercise, working the major muscles of the shoulders, chest and triceps. To do this, lie on a bench and hold the weight over your chest with your elbows bent at 90 degrees. "Press" the weight up until your arms straighten, then lower it slowly back to your starting position.
- 2. Chest fly** – This works the chest, with an emphasis on outer muscles. Lie on a bench with your weights held overhead, palms facing inward. Lower the weights to your sides up to shoulder level, with your elbows slightly bent. Slowly bring the weights up, back to starting position.
- 3. Bicep curl** – This is one of the most basic weight lifting exercises. This puts effort on the biceps, as the name suggests. To do this, hold the weights with your palms facing out. Bend

your elbows to bring the weights to your shoulders without touching them. Slowly lower the weights down, but do not straighten the arm out totally to keep a level of tension.

4. Concentration curl – This also works the biceps. Kneel on one leg using the leg opposite the hand you are working with. Hold one weight with your working hand and put the other hand on your waist. Place the back of the upper arm of your working hand on the inner thigh of the other leg. You can lean into that leg to raise your elbow a little. Raise the weight to the front of your shoulder and then slowly lower the arm until almost straight.

5. Overhead press – This works the shoulder muscles. Stand or sit straight and hold your weights with your elbows bent and your hands in front of your eyes. Bring the weights over your head while keeping your back straight. Slowly bring the weights down to starting position.

Strength exercises without weights can be combined with weight lifting exercises for your routine.

Here are some examples:

1. Squat – A squat is a multi-joint exercise working the hamstrings, quadriceps, gluteals, and the lower back. In fact, this is one of the most effective strength exercises without weights. From a standing position, slowly lower your body until your knees bend at a 90-degree angle. Keep your feet flat on the floor while doing this. Return to a standing position slowly as well.

2. Pushup – This is also a very typical but effective strength and resistance exercise. While the basic one works well, adding complexity can work more muscles. For example, you can do pushups between two chairs. These work the chest and the triceps. Place both feet on a stable chair and then place both hands on separate chairs. The two chairs your hands are resting on can have a gap of 60 centimeters. The chair with your feet should align with the middle of the other two chairs. Your body should be stretched naturally from the chair at your feet to the chairs in front. Slowly bring your chest down – beyond the surface of the chairs if you can!

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