

TOP 8 WAYS THAT WILL BOOST YOUR METABOLISM

By: Robin Mungall - Weight loss specialist

1. Eat Breakfast!

So many people think that if they skip breakfast they will lose weight. The sad fact is that this only ruins your metabolism causing your body to want to store more fat. Breakfast really is the most important meal of the day; in fact it's so important that I refuse to train anyone who doesn't eat breakfast, because if you skip this meal, it shows that you are not serious about losing weight.

2. Eat more frequently

The old 3 squares a day is not going to cut it. In order for you to keep your metabolism revved up all day long you need to be eating smaller healthy meals that include protein and veggies, every 2-3 hours.

3. Weight Train

Weight training is so crucial to your success, and for those of you who think if you lift a dumbbell you're going to get super bulky, you can put your mind at ease. Weight training will not turn you into she hulk or he-man. Those kinds of results are from a plethora of other factors. In fact, weight training helps to boost your metabolism for hours after you've finished your work out. Isn't it nice to know that after a weight training bout, when you're back at work or at home you can be happy to know your metabolism is still running on high?

4. The best type of cardio isn't really cardio

Too many people who want to lose weight only do cardio, and usually it's that long slow same pace run. This type of cardio training is inefficient and very time consuming. High Intensity Interval training is the best way to get your heart rate up and once again it can boost your metabolism for hours after your work out.

5. Don't workout for too long

Ever wonder why some of the people you see working out for hours on end and they never get any results? Exercise is not about quantity, it's all about the quality. For most people once you start training for more than 45minutes to an hour your hormones begin to change and the effects become the opposite of what you want out of your program. My personal workouts are usually 35 minutes long.

6. Rest

Your Body needs to rest and recover from exercise bouts. Without rest you run the risk of overtraining which can lead to injuries and will hinder your results.

7. 8 – 10 hours sleep

Most North Americans get less than 8 hours sleep per night. Your body requires 8-10 hours of sleep per night, and when we don't get it, our energy levels are lower, we aren't as sharp, quick to anger, dehydrated and just not quite ourselves. These are all symptoms of your hormones being out of whack. If your internal body isn't running as efficient as it should be, then it makes it a more difficult environment for your body to lose weight and get healthy. Why cripple yourself by not getting to bed? Is that TV show which you can tape and watch any time really worth it?

8. De-stress

This is a big one. Stress affects us all, and hey I know it, life happens. Stress causes the release of hormones that promote fat storing and not fat loss, not to mention it saps you of energy. So "when life gives you sour grapes, make wine". It's not necessarily trying to avoid all stress in your life that is going to make you a happy person, avoiding all stress is virtually impossible. Its how you deal with the stress you have in your life that works. Of course there are many things you can do to help de-stress, you can walk the dog, take yoga, listen to music, or read a book, anything. If you have a lot of stress in your life and you are having a hard time dealing with it, you can always see a professional life coach or psychologist who can help you work through your stress.

To learn more about how you can increase your metabolism and get truly lean visit www.rmfit.com
If you would like to train with Robin Mungall Online or in person please contact rob@rmfit.com

