



4 ways to mess up your Metabolism by Paul Mort

Metabolism Every body knows what this is right? Hm... maybe not.

Metabolism or Resting Metabolic Rate (RMR) is, in a nutshell, a very small nutshell, your body's ability to burn calories whilst at rest. In effect, our RMR is our fat burning furnace

A few things can affect RMR such as hormones and activity levels but NOTHING comes close to effecting RM as much as lean muscle tissue. You see, muscle tissue is the only tissue in the body that can burn BODYFAT as energy. Therefore the more muscle tissue we can add or at least MAINTAIN, then the more calories AND bodyfat we have the potential to burn right?

It would make sense then to 'stoke' this fat burning furnace? Then we are so many people who are looking to lose fat doing the exact opposite? Here are the top 4 mistakes that are WILL mess up your metabolism and halt your fat loss potential dead in its tracks.

1- Not eating enough calories

This REALLY narks me. Limiting calories UNDER 1200 a day (some horrendous liquid diets go as low as 700) will make you fatter in the long run. As soon as you go back to 'normal' eating you'll gain ALL the excess weight back PLUS more. Ever heard of yo-yo dieting?

Sure, most of us could do with cutting a few calories but let's look at it this way. Every time you eat, your fat burning furnace is 'stoked', meaning your metabolism increases, so the less you eat, the less fat you burn. Those muscles (remember those things that keep fat off) need calories to survive and thrive.

2- Doing endless Cardio.

Cardio does NOTHING to increase your metabolism, sure. It burns calories, but does NOTHING post workout. In fact, do too much and it'll actually make you catabolic- which means it'll use your muscle tissue ~ (the very thing that keeps fat off, remember) as fuel!

3- No weight training

If you wanna drop bodyfat and sculpt a lean. Sexy body, weight training is KEY. Adding or at least maintaining lean muscle tissue is the easiest and most effective way to drop bodyfat. Lifting weight will increase your RMR for between 24 and 48 hours! WOWESERS! Simply put, if you're not lifting weights- you WON'T drop fat. Guaranteed.

4- Not eating enough protein

Protein has what we call a higher 'thermic' effect. The Thermic effect of food is a term used to describe the energy expended by our bodies in order to consume (bite, chew and swallow) and process (digest, transport, metabolize and store) food.

Protein foods have a thermic effect of 25-30%, whereas carbs have a measure of 5-10% so as you can see, replacing some of the carbs your eating with more protein would have an effect yep? So swap the bread or jacket potato for an extra chicken breast and you'll see the difference

Protein also has the ability to make us feel fuller for longer. It has uncanny knack of causing the brain to release those 'feel full' hormones that so many junk foods don't. Ever notice how you can eat a huge 16% pizza on your own but can't eat more than two chicken breasts in one serving?

So there you have it- the top 4 ways to make sure you GAIN fat rather than lose it this summer.

~ **Paul Mort (Dip.PT, Dip. ST, KCA)**