

Fighting your slowing metabolism

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Get and stay fit over 40

You've hit 40.

While you're ready to celebrate how far you've come and the success that you have achieved, it's difficult to ignore the inches that have crept up around your waistline. You decide that it's your slowing metabolism. And why not? That's how it works, right? Well, not exactly.

Most people do not suffer from a slow metabolism. They unknowingly suffer from overconsumption of calories and lack of sufficient exercise. It's true that with age, metabolism slows slightly, but it's more common that we do not adjust our caloric intake as we become less active. And if you were to gain a mere two pounds a year beginning at the age of 20, you would be 40 pounds heavier by the age of 40!



So how are those inches lost? There are many simple ways to increase your energy and lose some body fat. First, think about how much and what you are eating. Perhaps you could add some fruits and vegetables into your diet. Exchanging calorie dense white carbs for nutrient dense whole grain carbs will also help you reach your goal.

Consider how active you are. Are you less active now than you were five or ten years ago? If so, are you still eating the same amount of food that you were eating back then? Lessening the amount of calories you consume during periods of inactivity will help keep things in balance. In addition to getting a handle on what and how much you're eating, finding ways to increase your exercise will help you burn more calories. The more lean muscle you have, the more fat you can burn.

Try weight training to build more lean muscle. Check with a qualified personal trainer to help get you on the right track. The renewed feeling of strength and tone, along with a better diet will have you losing inches and feeling as though your metabolism is working double time.