



BALANCED  
LIVING

**LEVERAGE**

Fitness Training & Nutrition

*10 ways to*

## **REV UP YOUR METABOLISM**

*Put your metabolism to work for you.*

### **REV UP YOUR BODY'S ENGINE**

We eat food for fuel. When we burn it for energy to run our bodies, the process creates heat. Nutritional supplements can assist the body's engine to burn fuel efficiently, helping our metabolism stay revved and functioning well.

Your muscle mass works like a furnace, burning calories and stored fat for energy. The more muscle you have, the higher your metabolism, the faster you burn calories. Eating plenty of protein daily is essential to maintaining your muscle mass for good health, energy and effective weight management.

**Remember that each pound of lean body mass burns 14 calories per day  
each pound of fat tissue burns only 2 calories per day.**

*The more lean body mass the better!!*

- 1. NEVER SKIP BREAKFAST:** remember our healthy breakfast topic from week 2! Eat within 45 minutes of waking up
- 2.** Eat every 3-4 hours
- 3.** Eat lean protein with every meal and most of your snacks(egg whites, soy products, lean beef, turkey, chicken, fish and low fat dairy)
- 4.** 30-45 minutes of cardiovascular exercise
- 5.** Build your muscle with resistance training at least 2-3 times per week
- 6.** Avoid alcohol, sugar and fasting
- 7.** Drink half your body weight in ounces of water every day
- 8.** Drink thermogenic Green Tea before workouts to reach 'fat burning' stage more quickly and/or before meals to speed up your digestive metabolism.
- 9.** Eat foods that are nutrient dense like 7 to 9 servings of fruits & veggies
- 10.** Get 8 hours of deep sleep (total darkness)

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