

# You May Be Slowing Down Your Metabolism



We all see health magazines and fitness buff's blog posts explaining some way to "ignite your metabolism" or otherwise improve it so you can burn fat. Simply put, it is often recommended that those seeking a healthier body need to focus on improving their metabolism. While this is true in most aspects, many people really have no idea how the metabolism works and how their current lifestyle could be weakening it.

Having a slow metabolism doesn't just affect getting the body you want but your overall health and well-being. If you've noticed some of the above symptoms you might be committing one of these 4 common metabolism dampeners.

## Yo-Yo Dieting or Not Eating Enough Food

Your metabolism is responsible for what your body does with the diet you eat. Yo-yo dieting, an unhealthy cycle of crash dieting and weight loss, can have harmful effects on your body. Unstable eating habits, like eating well one week and then binging on junk the next, are equally harmful. Both of these will slow down your metabolism.

## Lack of Good Carbs in Your Diet

Carbs deliver energy to the body. They make an excellent fuel and are especially important for athletes that require a ton of energy to do whatever activity it is that they do. When you don't eat enough carbs you might feel weak or unable to get through your workout with the effort you usually can. We are not talking junk food and highly processed foods here. Good carbs should be consumed through health, whole foods like grains, fruits and vegetables. Processed sugar and white flour provide carbs and energy but you will crash.

Slowly increase the amount of good carbs you eat and see if your energy level changes. Sometimes just a little extra can give our body that boost you've been craving. Here is some additional info on good carbs.

## Not Eating Enough Good Fat

Fat is often viewed as something bad and unhealthy. This is unfortunate as fat is required for a healthy diet, a healthy brain and is also an amazing source of energy. The problem with fat is there are both good and bad types of it. Healthy fats come from healthy foods like nuts, fish, lean meat, etc. You want to focus on getting a reasonable amount of these fats. Unhealthy fat is generally going to occur in heavily processed foods, even those that might outwardly appear healthy. Trans-fats are the main culprits in the standard American diet. If you want to lose weight, you already know that unhealthy fats are not for you.

## Lack of Intensity in Your Workouts

Many people don't realize that a slow metabolism isn't always just caused by diet. The way you exercise can also negatively or positively affect it as well. Generally, people that don't exercise often will have a lower metabolism or at least their body won't function as well as it could than those who do some regular movement on a regular basis

High-intensity workouts, like strength training or cross-fit, have proven to be very effective. Studies have shown that those who regularly did resistance training saw an increase of their resting metabolic rate (RMR) which in turned caused their body to burn an extra 100 calories a day. Cardio is also effective, with studies showing the same increase and even some more calories burned compared to resistance training. Strength training helps as well because muscle tissue burns fat at rest, boosting your metabolic rate as well.

Some symptoms of a slow metabolism include:

**Struggling/unable to lose weight**

**Weight gain without negative change in diet**

**Fatigue or lethargy even with proper sleep**

**Digestive problems like cramping, heartburn or bloating**

**Shortness of breath without exertion**

**Brittle hair and nails**

**Overall difficulty concentrating**

If you've been struggling getting to your goal weight or toning up your body, you might be having an issue with your metabolism. Stop crash dieting, eat an abundance of healthy foods and exercise. Begin making the lifestyle changes that are suitable for your body. You don't have to eat grass or workout like a fitness model, you just have to figure out what works for YOU. Begin exercising regularly and include workouts that are appropriate for your fitness level.

Want more information... sign up for July's Wellness workshop "Ditch the Diet"

### Upcoming Workshops:

**Monday July 1<sup>st</sup> @ 6:30pm**  
Back, Core & Pelvic Floor

**Monday July 8<sup>th</sup> @ 6:30pm**  
Meal Prep 101

**Monday July 15<sup>th</sup> @ 6:30pm**  
Ditch the Diet

**Monday July 22<sup>nd</sup> @ 6:30pm**  
Finding Balance

# Metabolism Boosting Workout of the Week

For each exercise, complete the listed sets and reps before moving on to the following exercise. Ideally, you should take no more than 30 seconds of rest in between each set and about 60-90 seconds of rest in between each exercise. If you need more rest, feel free to take it. Don't forget to cool down and stretch after your workout.

**Dumbbell bench press: 4 sets of 12 reps**

**Bent-over row: 4 sets of 12 reps**

**Barbell squat: 4 sets of 12 reps**

**Dumbbell walking lunge: 2 sets of 10 reps**

**Dumbbell thruster: 3 sets of 12 reps**

**Romanian deadlift: 4 sets of 12 reps**



## Foods that Boost Metabolism

**Blueberries:** Blueberries are packed full of antioxidants, protecting your body and cells from oxidation. This is a process that robs you of electrons, and when you give your body the antioxidants it needs, metabolism becomes significantly more efficient, and stops free radicals from building up and damaging your health.

**Almonds:** Almonds are a great snack and a really tasty nut. They're packed full of nutrients and studies have shown that almonds can lower cholesterol, give you a huge boost in vitamin E and fiber and help you lose weight and boost your metabolism with their low-calorie content and high nutritional density. Eat a handful of almonds as a snack each day and you'll soon start seeing the benefits.

**Salmon:** As well as being delicious, salmon is low in saturated fat and packed full of protein. It also contains loads of omega-3 fatty acids, which help your body maintain good health and gives you cells the nutrients they need to reproduce and stay strong. Omega-3 fatty acids help keep your heart in shape and your bad cholesterol down, helping your metabolism stay strong and efficient.

**Spinach:** Spinach is one of those amazing, dark leafy greens that is packed full of antioxidants that protect your body against oxidative stress. Studies have shown spinach can help protect the brain against this stress, and even help prevent colon cancer, heart disease and bowel cancer. To top it all off, spinach is great as a part of a balanced diet if you're intending to improve your metabolism overall. Spinach can also help your digestive system become more efficient.

**Avocado:** Avocado is full of protein. You'll get roughly 2g of protein in half an avocado. The fruit also contains all nine of the amino acids that our body needs, including omega-3 fatty acids – meaning it's a great source for people who aren't a fan of fish! The protein in avocado greatly improves your metabolism for good health and weight loss.

**Dairy products:** If you're not intolerant of dairy products, then you'll be glad to know that by eating cheese and milk, you can greatly improve your health and your metabolism. Per cup of milk, you'll get around 10g of protein. The best option, however, is a low-fat dairy product. Avoid high fat dairy and you'll boost your metabolism without consuming too much fat every day.

**Asparagus:** In one cup of chopped asparagus you can expect to get around four grams of protein, helping boost your metabolism and making your healthy diet much tastier. Asparagus is really versatile, yet seasonal, meaning you won't be able to enjoy it fresh all year round. This metabolism-boosting food is great chopped, grilled or steamed.

# Sometimes you just need to be surrounded by your girls

Our friendships are what help us get through the tough times in life. The bonding that takes place while sharing food, experiences and time together cannot be replaced by likes on a screen. It's a way to decompress and reconnect. It's a time to talk, to relax, and to rediscover our friendships and ourselves. So, do yourself a favor and book a girlfriend getaway today, why don't you? If not for you, do it for your girlfriends.



**Girlfriend Getaway  
Mini Retreat  
Saturday, June 22<sup>nd</sup> 12-4pm  
Catered Lunch  
Stamped Jewelry  
Essential Oils  
Therapeutic Drumming  
Progressive Relaxation & Meditation**



**Held @ Elite Yoga Studio  
\$50 register online  
[beyondpersonaltraining.org](http://beyondpersonaltraining.org)**

## 4 Week Wellness Series

Monday, July 1 <sup>st</sup> @ 6:30pm	Back, Core & Pelvic Floor
Monday, July 8 <sup>th</sup> @ 6:30pm	Meal Prep 101
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**#CamdentotheMax Toy Drive**

**July 1<sup>st</sup> - Aug 9<sup>th</sup>**



**You can donate new toys for Children's Hospital  
In memory of Camden & Maxwell Curry  
Who lost their lives last year in a tragic car accident**