

Belly Be Gone

Week 4) Metabolism involves a complex network of hormones and enzymes that convert food into fuel and affects how efficiently you burn that fuel.

Your metabolism is influenced by your:

- **Age** (slows about 5% per decade after age 40)
- **Sex** (men typically burn more calories at rest than women)
- **Proportion of lean body mass** (the more muscle you have the higher your metabolic rate tends to be) Muscle burns more calories than fat– even while at rest– which means, the more lean muscle you have, the more calories your body will be burning just to sustain you.

The Magic of Basal Metabolism

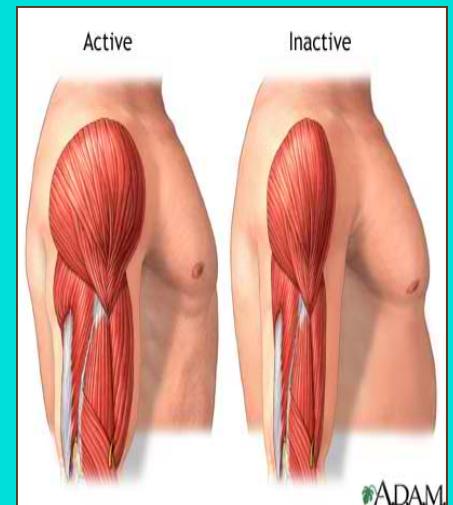


Action: Adjust *how* you eat

Eat more often and you'll lose more weight. Small, but frequent, meals help keep your metabolism in high gear so you'll burn more calories overall.

Your best bet for keeping your metabolism revved:

- Snack on low-calorie high protein foods
 - Build muscle
 - Keep moving!



Benefit: A Healthier Metabolism!

- An increase in energy throughout the day
- Better sleep
- Weight loss
- Burn more calories-even while you sleep!!

