

FIRE UP YOUR METABOLISM

Slow Metabolism- Are you sure?

What is METABOLISM really

Metabolism is essentially all the chemical reactions in the cells of your body that sustain bodily processes like breathing, breaking down food and movement. Basically, the metabolism is the driving source to generate and use the energy for and of our body.

ACTIVITY THERMOGENESIS

This is the factor we can influence the most!

EAT- Exercise Activity Thermogenesis

The more we work out the more we fire our metabolism, of course. Also, the types of exercises have a different effect on our metabolism. While cardio burns more calories during the workout, building muscles influences your BMR to burn more calories later on.

NEAT- Non-Exercise Activity Thermogenesis

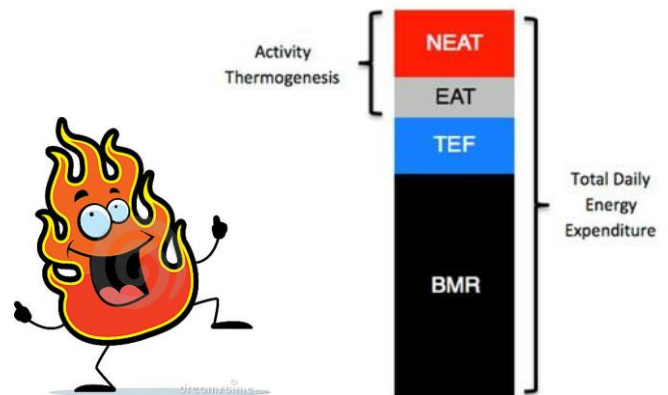
This is your BEST CHANCE to make an impact on your metabolism! Creating an ACTIVE LIFESTYLE by moving whenever you get the chance. Take the stairs instead of the elevator, park further away, take the bike to a close friend if possible.... It seems like a small part of your day, but it accumulates to a difference of up to 2000kcal a day!

BASAL METABOLIC RATE (BMR)

The BMR determines a big portion of our overall metabolism. It describes the energy we need/burn while sleeping, sitting on the couch or do simply “nothing”. The BMR does not vary much between people with similar body compositions and is influenced by height, weight and age. We can influence our BMR by improving our body composition (fat/muscle ratio) and the quality of nutrients we eat.

OUR METABOLISM CONSISTS OF...

- BASAL METABOLIC RATE (BMR)
- THERMIC EFFECT OF FOOD (TEF)
- ACTIVITY THERMOGENESIS (EAT/NEAT)



THERMIC EFFECT OF FOOD

TEF has the lowest impact in the overall metabolic rate with 5-10% and is based on our food choices. Certain foods need more energy for the breakdown. Protein needs more energy than carbohydrates and fat. Carbohydrates need more energy than fat. You see, by choosing healthy and balanced meals you can influence your metabolism! Also, we need to eat an adequate number of calories in order to keep the metabolism up and running! If you cut calories too low it may backfire on you because it lowers your metabolism.

CONCLUSION FOR A “HOT” METABOLISM:

1. Enjoy an ACTIVE LIFESTYLE
2. EAT HEALTHY AND ADEQUATE AMOUNT OF CALORIES
3. EXERCISE

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Calculate your BMR (RMR)

BMR Prediction Equation

While we use “Mifflin-St. Jeor Equation”, there are several equation options depending on your body composition. This equation is often used if you want to loose weight.

Men: $BMR = (9.99 \times \text{weight}) + (6.25 \times \text{height}) - (4.92 \times \text{age}) + 5$

Women: $BMR = (9.99 \times \text{weight}) + (6.25 \times \text{height}) - (4.92 \times \text{age}) - 161$

ATTENTION!

All equations work with weight in kilogram and height in centimeters!

To convert lb in kg, divide your body weight in lb by 2.2.

To convert inches in centimeters, multiply you height in inches by 2.54

Your weight in kilograms: _____

Your height in centimeters: _____

YOUR BMR is= _____

This is your BMR, the number of calories you burn by just lying or sitting around.

YOUR calories burned to maintain weight:

If you multiply your BMR with the appropriate activity factor you get the approximate number of calories to consume for weight maintenance:

Multiply that number with your appropriate activity factor:

1.200= sedentary (little or no exercise)

1.375= lightly active (light exercise 1-3 days/week)

1.550= moderate active (moderate exercise 3-5 days/week)

1.725= very active (hard exercise 6-7 days/week)

1.900= extra active (very hard exercise and a physical job)

Your BMR _____ x _____ (activity factor) = _____



REMEMBER!

Your metabolism consists of different determinants. We have the chance to impact every one of them. Stay active, eat healthy!

