



METABOLIC BOOSTERS

8 great health habits to support a healthy metabolism.



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METABOLISM:

refers to the chemical processes occurring in the cells of our body that convert nutrients from food into energy.

The speed at which these processes work vary from person to person and are influenced by:

- Age
- Gender
- Genetics
- Physical Activity
- Diet
- Health Conditions
- Hormones
- Medication

Is it possible to boost metabolism?

Metabolism naturally declines with age, and men typically have faster metabolism than women. While we can't control age, gender, and genetic factors, there are certain health habits that have impact our metabolic function. Let's explore them!





1. STRENGTH TRAINING

Lean muscle burns 3x more fat!

It's often a misconception that cardio is king when it comes to metabolism. Yes, cardio does burn a lot of calories in a single workout session, but having more lean muscle tissue in the body helps your body use more energy while at rest.

Incorporate both cardio and strength training activities into your weekly workout routine to elevate your daily metabolic function.

At rest:
1 lb. muscle
uses 6 calories/day, vs.
1 lb fat uses 2 calories/day





2. HEALTHY EATING

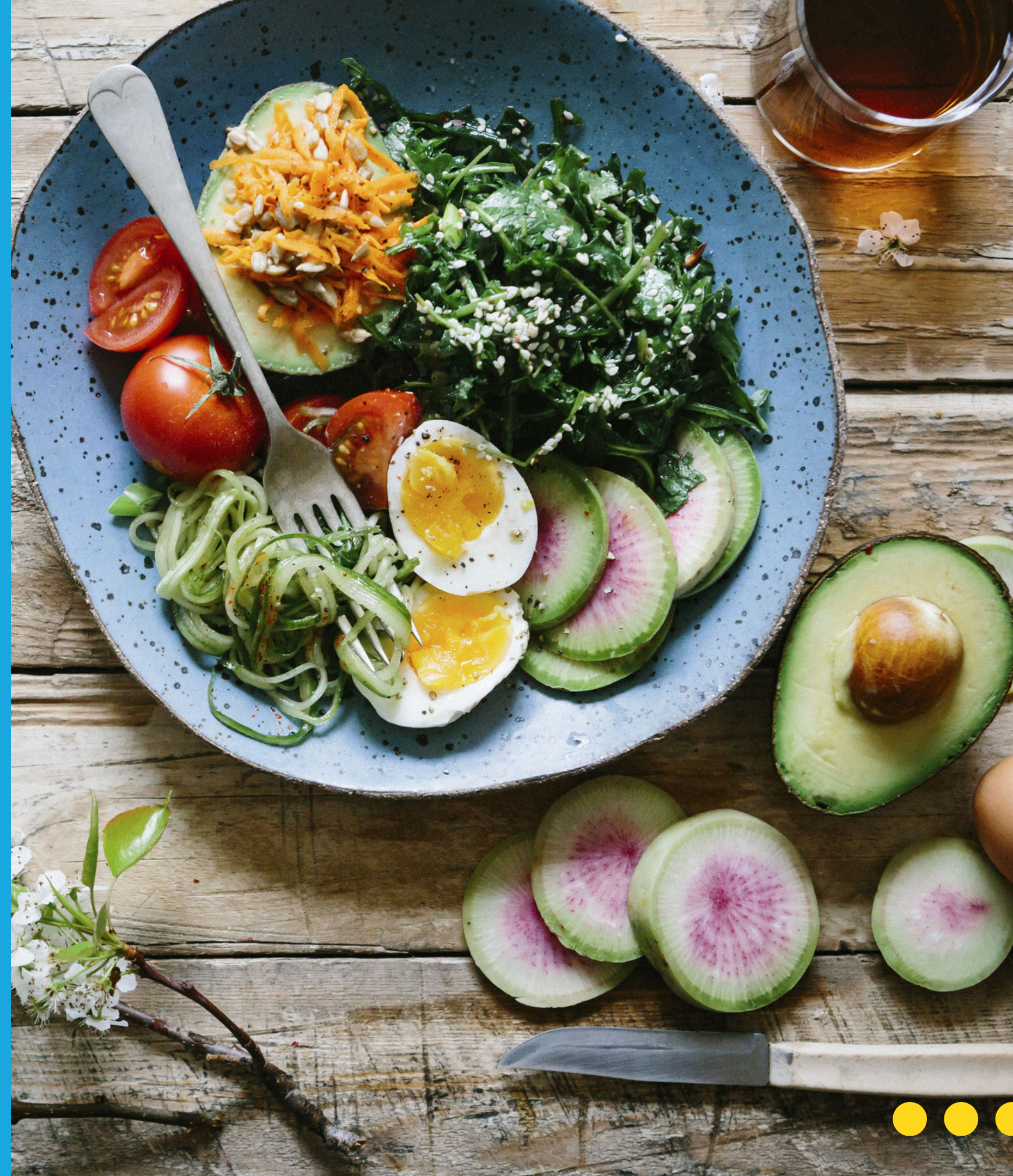
Fuel your metabolic engine wisely.

The act of eating food has an impact on metabolism called Thermic Effect of Food (TEF). The body works to digest food which in turn increases metabolism. This is however, a short immediate effect, meaning we still have to be mindful about what we eat, how much we eat, and how quickly we consume meals to preserve healthy energy balance.

Foods that fuel healthy metabolism:

- Lean protein
- Healthy fats
- Soluble fiber
- Low-fat dairy

Avoid foods and beverages high in sugar and salt, and limit caffeine and alcohol.



3. HIGH-INTENSITY INTERVAL TRAINING

Research shows metabolic rate stays elevated for hours after a HIIT workout.

HIIT workouts alternate short, vigorous bursts of exercise with low intensity recovery periods typically performed in 10-30 minute sessions. The extreme peaks and valleys in heart rate that occur with this type of training generate significant calorie burn (in some cases 25-30% more than other forms of exercise) and elevated metabolic rate well after the workout is done.

HIIT is great, but don't over do it! Doing HIIT training every day can have adverse effects on the body. Space HIIT sessions out with moderate activities and allow yourself recovery days.



PRO TIP:

Before attempting HIIT Workouts, consult with a professional and build your aerobic fitness base. Follow modifications for low-to-moderate impact moves and work your way up.

4. HYDRATION HELPS

Water is an essential for the body to burn calories.

Water aids in digestion. It helps to break down food and supports the metabolic process that converts food to energy. Even with mild dehydration, metabolism can slow down and our exercise performance can decrease making it harder to burn fat and calories.

One study showed adults who drank 8+ glasses of water/day burned more calories than those who only drank 4 glasses/day.



Helpful tips for drinking more water:

- Drink a glass of water before each meal
- Fill a water bottle and keep it at your desk
- Try infusing water with fresh fruits and herbs
- Eat fresh fruits and veggies that have higher water content





5.

QUIT THE SIT!

Every step you take counts!

Prolonged sitting has been scientifically linked to poor metabolic function, specifically impacting the body's ability to regulate blood sugar, maintain healthy blood pressure, and break down body fat.

Good news is...

Interrupting sitting time in just short 5-minute move breaks every 30-60 minutes can re-awaken metabolism and help you feel better overall.

5-Minute Move Boosters to Try:

- Walking around the home/office
- Step side-to-side, alt. toe taps, march in place
- Squats, wall-push ups, lunges, chair dips, rpt.
- Move Break with Team CFW!

PRO TIP:

Use wearable devices and/or calendar alerts to remind yourself to move. Don't ignore the reminders! Track your step count and mood to realize the difference it makes.



6. QUALITY SLEEP

Consistent sleep habits have a measurable impact on metabolism.

During sleep, the body is restoring systems, repairing tissues, and helping to clear toxins. The goal is not to rev up metabolism during sleep, but to obtain the quality sleep necessary for healthy restoration and support optimal function during wake hours.

Research shows sleep restriction leads to:

- Altered glucose metabolism (insulin resistance)
- Increased appetite to compensate the fatigue
- Decreased energy expenditure when awake
- Overall higher risk of diabetes and obesity

PRO TIP:

Adults age 18-60 should get 7 hours sleep/night. Following a consistent sleep-wake time will help your body establish its circadian rhythm to boost restoration and metabolic function.





7 GREEN & BLACK TEA BENEFITS

Sip on these metabolic benefits.

Epigallocatechin Gallate (EGCG) is a plant based compound in green tea. When consumed with caffeine, it has a positive effect on metabolic health factors. It is said to increase fat oxidation and prolong thermogenesis, therefore boosting energy expenditure.

Not a fan of green tea?

Theaflavins in black tea and polyphenol metabolites in dark tea, have also shown metabolic health benefits.

Research is inconsistent with regards to green tea consumption and metabolism. Some studies found metabolic and weight improvements occurred in adult subjects that consumed 2-4 cups per day.





8. STRESS LESS

Don't let stress get the best of you!

Chronic stress contributes to mental health disorders, like anxiety and depression. It can also elevate cortisol in the body - a hormone that negatively impacts metabolic function.

Tips to Reduce & Avoid Chronic Stress:

- 1. Exercise regularly with move breaks in the day**
- 2. Practice mindful moments with deep breathing**
- 3. Try yoga classes or guided meditation sessions**
- 4. Avoid substance use as a coping strategy**
- 5. Get sufficient sleep – at least 7 hours**
- 6. Talk to a health care professional**

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