

Specifics of Metabolism and Weight Loss:

I'm sure you have heard a lot about metabolism if you are someone who wants to lose weight. Let's sort out the facts from the myths to get you on a path to success!



What is metabolism anyway?

Metabolism is the natural process of how your body converts food and drink that you consume into energy. Your body at rest even needs sufficient energy (calories) to carry out basic bodily functions like breathing, circulation, and for the growing and repairing of cells. This rate is called our Basal Metabolic Rate (BMR) also known as our Resting Metabolic Rate (RMR).

What factors influence one's metabolic rate?

- Your Body Size and Muscle to Fat Ratio
- Your Gender
- Your Age

What is else is important when determining how many calories your body burns each and every day?

- Your Physical Activity
- The Processing of Foods (Thermogenesis)

Can we blame our metabolism for unwanted weight gain?

Your body's metabolism is a natural process that is regulated specifically for you and unfortunately we don't have much control over the speed of these basal needs. Rarely, an underlying medical condition is associated with metabolism and weight gain. The good news is that we can burn more calories by staying more physically active. You can begin light weight training activities or include more aerobic exercise, like walking, into your daily routine.

Don't forget to think about the little ways to make yourself more active during each day. As simple as taking the stairs at work, raking leaves, washing your car, or an extra walk for your dog can add up. **Move More, Burn More!**

Are there certain foods I can eat that will increase my metabolism?

No, none that will make a noticeable difference. Spicy foods for example, do cause a slight increase in metabolism, but the difference is very minimal and won't result in weight loss.

Remember, there is no easy way to lose weight, but we do have control over the calories we take in. This is your first step to controlling your weight. Next of importance is our activity level. Find simple ways to add steps to your day!

~Team MedLinkHealth