Metabolism Boosters

Build Muscle

Your body constantly burns calories, even when you're doing nothing. This resting metabolic rate is much higher in people with more muscle. After a session of strength training, muscles are activated all over your body, raising your average daily metabolic rate.

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Aerobic exercise may not build big muscles, but it can rev up your metabolism in the hours after a workout. The key is to push yourself. High-intensity exercise delivers a bigger, longer rise in resting metabolic rate than low- or moderate-intensity workouts. You can also ramp up the intensity for 30-second intervals, returning to your normal speed afterward. Using this strategy will help you consume more oxygen and make your cells work harder to burn energy.

S ac Sma

Eating more often can help you lose weight. When you eat large meals with many hours in between, your metabolism slows down between meals. Having a small meal or snack every 3 to 4 hours keeps your metabolism cranking, so you burn more calories over the course of a day. Several studies have also shown that people who snack regularly eat less at mealtime.

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Your body needs water to process calories. If you are even mildly dehydrated, your metabolism may slow down. In one study, adults who drank eight or more glasses of water a day burned more calories than those who drank four. To stay hydrated, drink a glass of water or other unsweetened beverage before every meal and snack. Also, snack on fresh fruits and vegetables, which naturally contain water, rather than pretzels or chips.

Ea B ea as

Eating a nutrient-rich morning meal (like oatmeal with almonds and berries, or a spinach-and-feta omelet with a slice of whole-grain toast) shortly after getting out of bed literally wakes up your metabolism. According to the National Weight Control Registry (an ongoing study that tracks 5,000 people who lost an average of 66 pounds and kept it off more than five years), 78% of those who keep it off eat an a.m. meal every day.