

Rev Up Your Metabolism (and unlock your true weight loss potential)



Tip #1: Early to bed...

Catch those zzz's! Sleep deprivation upsets hunger and appetite hormonal balance. In the sleep-deprived, appetite-suppressing hormones *decrease* and hunger-increasing hormones *increase*, causing you to eat more than you need. Aim for 7-8 hours of *uninterrupted* sleep every night.

Tip #2: ...early to rise.

Add these to your morning ritual to boost metabolism:

1. **BREAKFAST** ("breaking" the overnight "fast" after an 8-12 hour starvation period)
 - Eat immediately after waking up
 - Include protein to level out blood sugar and end the insulin-fat storing rollercoaster
2. **EXERCISE**
 - Activates your thyroid gland and increases production of metabolism-controlling hormones
 - Temporarily suppresses your appetite post-workout
 - Revs metabolism both during and *after* your workout
 - Don't forget *weight-training*: muscles dictate your metabolism because muscle burns fat – adding one lb. of muscle allows you to burn 250 more calories a day at rest! Lifting weights also counteracts the natural decline in muscle mass, causing our metabolism to slow with age.

Tip #3: 5 mini-meals a day to a mini-er you.

Keep your metabolism firing all day long by eating frequently (3 meals and 2 snacks, 2 ½ to 3 hours apart). This also provides your body with a steady stream of energy and brain power throughout the day. Fill your plate with lean proteins, 'live' carbohydrates like fruits and vegetables, and healthy fats such as fish, nuts, and sources of omega-3 fatty acids. What happens if you skip a meal? Your metabolic rate is forced to slow down to conserve energy because you're starving your body. Next time you eat, the body stores the food as fat because the body thinks you're in a famine.

Tip #4: Raise a glass (or 8)...of water, that is.

You actually risk weight gain by not drinking enough water. Being dehydrated can trick your brain into thinking you're hungry, so instead of reaching for water, you reach for whatever snack is quickly within your grasp. Next time, grab a glass of water first, and then wait 20 minutes to see if you were really hungry in the first place. Water is essential – drink water throughout the day. A lack of it slows metabolism and tells your liver to conserve what water your body has instead of performing its fat-burning duties. Water is also a natural appetite suppressant that banishes bloat as it flushes out sodium and toxins.

Tip #5: Feed the fat furnace with protein.

- Feel full longer – protein is digested and absorbed more slowly than fats or carbs
- Store less fat – less insulin spike means less calories stored as body fat
- Burn more calories through digestion – your body has to work harder (which takes calories) to digest protein than carbs or fats
- Gain more energy – protein *regulates blood sugar levels* and provides *stamina* to get you through the day

Tip #6: Add these metabolism-boosting foods to your menu:

- Whey protein – high-quality protein
- Almonds – loaded with good fats, fiber, and protein
- Natural yogurt – calcium, protein, and good bacteria
- Green tea – 3 cups per day can help reduce body fat

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- Berries – chock full of free radical fighting antioxidants
- Fish and fish oils – great sources of omega-3 fatty acids
- Fiber-rich vegetables – you'll feel full longer and eat less