

Some words on Metabolism

BMR (Basal Metabolic Rate) is the lowest rate of energy use required by the body to maintain normal function. Some of these functions include respiration, blood circulation, and maintaining proper body temperature. This is best measured 14-18 hours after the last meal when the person is at complete rest, but still awake. Basically the BMR is the rate in which the body can break down food. An average metabolic rate is between 1500 and 2000 calories per day.

There are many factors that can lower a persons metabolic rate. As you get older the metabolic rate decreases and the body stops working as efficiently as when you were running around the backyard smashing cricket balls over the neighbours fence for six. Women also have a lower metabolic rate then men (sorry ladies), although this can increase during pregnancy when the woman is lactating. Just being inactive and eating a poor diet and irregular meals are some things that you should be avoiding if you want to keep the metabolic rate at its highest.

So how can you raise your metabolic rate?

- Eat smaller meals throughout the day to keep the body working hard to burn maximal calories
- Eat healthier meals so that you actually have something decent to burn
- Exercise regularly performing cardiovascular activities such as running, cycling, team sports
- Carry out regular resistance training throughout the week to maximize muscle mass and burn calories indirectly. The more muscle your body comprises of, the harder your body will be working when you are at your laziest (relaxation and sleep)

These are just a few things that we can all do to keep our metabolic rate at its greatest. Train hard and I'll see you all at the gym sweating like it were 40 degrees outside! Enjoy the heat, and enjoy your training.