

## **8 Great ways to speed up your metabolism**

1. Build muscle – for each kg of muscle that you have on your body, you will burn up to 25 calories per day. This means for someone with 40kg of muscle, an extra 1000 calories are expended each day. Not a bad way to make your body be a “fat burning furnace” is it?
2. Eat smaller meals more regularly – this will keep your metabolism working more efficiently. Did you know that 10% of the calories we burn each day are used in digesting and absorbing food? The more you eat and the more you will burn!
3. Spice it up – by adding spice to your food (chilli – curry - peppers) you will be raising the metabolism by up to 50% after eating for the next three hours. This will increase your heart rate and you will be in your own little fat burning zone.
4. Use Supplementation – some supplementation such as thermogenics (Gen-Tec Fuel) will help with increasing the metabolism. They generate fat burning and increase heat in the body, and we all know that when things get hot they work harder!!!
5. Eat plenty of protein-rich foods - around 25 percent of calories in a protein-rich meal may be burnt off. But make sure you choose low-fat protein foods such as lean meat, skinless chicken and low-fat dairy products.
6. Drink green tea – green tea contains antioxidants that speed up the metabolism. These can be found in foods that contain Vitamin C, Vitamin E, Beta-Carotene, and Selenium.
7. Be cool – being very cold can increase your metabolism by up to 20%. This is fantastic for all you early birds. It’s winter so get the chills and burn the calories.
8. Warm up – being hot is also a great way to speed up the metabolism. Just like staying cool, an increase in metabolism of 20% can also be achieved. Get the body hot and sweaty (I’ll let you guys decide on the best ways so use your imagination).