

# 5 Ways to Boost Your Metabolism

If you are looking to lose weight you are probably aware that in order to drop the pounds you need to burn off more calories than you consume. Your metabolism is the rate at which your body burns off and utilizes calories. By the time you turn 40, your metabolism will start to slow down 5% every decade. Discover 5 natural ways you can speed up your metabolism and melt away those pounds.

## 1. **Build Muscle**

Our bodies are burning calories all day long, whether we are moving or not. This resting metabolic rate is higher in individuals with more muscle. A pound of muscle burns about 6 calories per day while a pound of fat burns only 2 calories per day.

## 2. **Work-out Harder**

Aerobic exercise can speed up your metabolism in the hours after a workout. The key is to step up the intensity. High-intensity exercise provides a bigger, longer increase in resting metabolic rate than low or moderate-intensity exercise. Try a more intense fitness class at the gym, or alternate short bursts of running during your walk.

## 3. **Drink Lots of Water**

Your body relies on water to burn calories. If you are dehydrated even a little bit, your metabolism may slow down. To stay hydrated, keep water beside you throughout the day. Drink a glass before each meal and snack.

## 4. **Eat Every 3 Hours**

Eating more often will speed up your metabolism. Research shows that those who consume 3 healthy snacks a day eat less at regular meals and have higher metabolic rates. Aim for 3 meals a day along with 2-3 healthy snacks to keep your body burning calories all day long.

## 5. **Choose Protein**

Your body burns more calories digesting protein than it does digesting carbohydrates or fat. Add more protein to your diet with lean beef, turkey, fish, white meat chicken, tofu, nuts, beans, eggs, and low-fat dairy products.



Sources: <http://www.webmd.com/diet/ss/slideshow-boost-your-metabolism>