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Increasing Your Internal Burn by Enhancing Your Metabolism

What Exactly is our Metabolism?

According to [this article](#) from the Harvard Medical School, "...metabolism is the internal process by which your body expends energy and burns calories. It runs 24/7 to keep your body moving, even when you're resting or sleeping, by converting the food and nutrients you consume into the energy your body needs in order to breathe, circulate blood, grow and repair cells, and everything else it does to survive." Simply put, the higher your metabolic rate, the more calories you burn at rest.

The intensity of your metabolic process will differ from that of others. And who can we credit (or blame) for the speed of our metabolism? Yep: our parents, and their parents, and so on, because the speed at which you burn calories is determined primarily by your genes!

This article also mentions that age affects metabolism, as it can slow over the years, even if you have had a fast metabolism most of your life. Other factors can include your diet, gender, body size, and health status.

Differences in metabolism speed are evident in how easy or difficult it is for people to gain or lose weight. A slow metabolism burns fewer calories which are thereby stored as fat, making it harder for some people to lose weight. Alternatively, a fast metabolism burns calories faster, which is why some folks never seem to gain weight even when they eat a lot.

This leads us to the question: *"If my metabolism is hereditary, is it even possible to speed up a naturally slow metabolism, or recharge one that has become sluggish over time?"*

Apparently -- yes! We can manipulate our metabolism to some degree, and even a small change may help you burn more calories.

Here are some ways to naturally speed up your metabolism, according to [Healthline](#):

1. **Eat plenty of protein at every meal**

Eating more protein can boost your metabolism so that you burn more calories. It can also help provide you a greater sense of fullness and prevent overeating.

2. **Drink more water**

Water can help you lose weight and keep it off. It temporarily increases your metabolism and helps fill you up before meals.

3. **Do a high intensity workout**

High intensity interval training (HIIT) involves quick and very intense bursts of activity.

If this type of exercise is safe for you, it can help you burn more fat by increasing your metabolic rate, even after you've finished your workout.

4. **Lift heavy things**

Muscle is more metabolically active than fat. Building muscle can help increase your metabolism to help you burn more calories each day, even at rest.

5. **Stand up more**

Sitting for a long time burns few calories and may negatively affect your health. Try standing up or taking walks regularly or investing in a standing desk.

6. **Drink green tea or oolong tea**

Green tea and oolong tea have been shown to increase metabolism and fat burning. These teas help convert some of the fat stored in your body into free fatty acids, which may increase fat burning when combined with exercise

7. **Eat spicy foods**

Peppers contain [capsaicin](#), a compound that can boost your metabolism. However, many people can't tolerate these spices at the doses required to have a significant effect.

8. **Get a good night's sleep**

Lack of sleep can decrease the number of calories you burn, change the way you process sugar, and disrupt your appetite-regulating hormones.

9. **Drink coffee**

Studies have shown that the [caffeine in coffee](#) can help temporarily boost metabolism. Like green tea, it may also promote fat burning.

To improve your metabolism, try some of these suggestions above, adopt a healthier diet and make sure you get enough exercise – this may give you the extra push you need to maintain a healthy weight!

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

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If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.