



Health & Wellness

Monthly Newsletter

January 2014



With the colder weather, it's difficult to find the time, energy, and motivation to stay dedicated to working out. So, when exercise doesn't find time to fit in your schedule, here are a few simple & attainable tips to help speed up your metabolism and get you through these brutally cold months!

1

Keep Hydrated

I'm sure the general population thinks dieticians sound like a broken record when it comes to the whole water thing, but it really is important. Drinking the recommended eight cups of water a day will help your body function at peak performance levels.

Drink Green Tea

The polyphenols, specifically EGCG, in green tea have properties that rev up your metabolic rate. However, green tea takes dedication. You have to drink about 4-5 cups a day to see results.

4

Eat Constantly

Snacking does *not* have to be a bad thing. If your stomach is growling, it means that you need more fuel. Not providing your body with food is a surefire way to slow down its basic functions. Choose high-fiber, high-protein snacks like low-fat cheese, fiber crackers, fruits, veggies, or Greek yogurt. Starving your body will sabotage all of your dieting efforts.

2

Eat Oily Fish

Fish such as tuna and salmon contain oil that increases leptin, which is a hormone responsible for controlling appetite.

3

5

Spicy Peppers

Take your pick: Jalapenos, chili, cayenne, habanero, etc. These fiery little guys contain capsaicin, which is why you get a burning sensation in your mouth when you eat them. This same effect is created internally, causing a calorie burn for about 30 minutes afterward.

Increase Weight-Bearing Exercises

One pound of muscle burns 35 to 50 calories, while one pound of fat burns a measly 5 to 10 calories. Building more muscle can increase your body's **basal metabolic rate (BMR)** by up to 40%. There's no need to hit the weights hard, either, simply using light weights at high repetition has been proven to tone muscle and burn fat.

6

Decrease Diet Soda

Although it's low in calories and seems like an easy swap for high calorie beverages, diet soda may actually have adverse effects on your metabolism. Water and seltzer are better options, but if you must drink diet soda, limit your consumption to two cans (not Big Gulps!) per week.

7

Avoid High Fructose Corn Syrup

It's one of the most controversial issues in nutrition: Studies show that HFCS can make the body insulin-resistant. Also, when given the choice, the body stores fructose as fat before it does glucose.

8