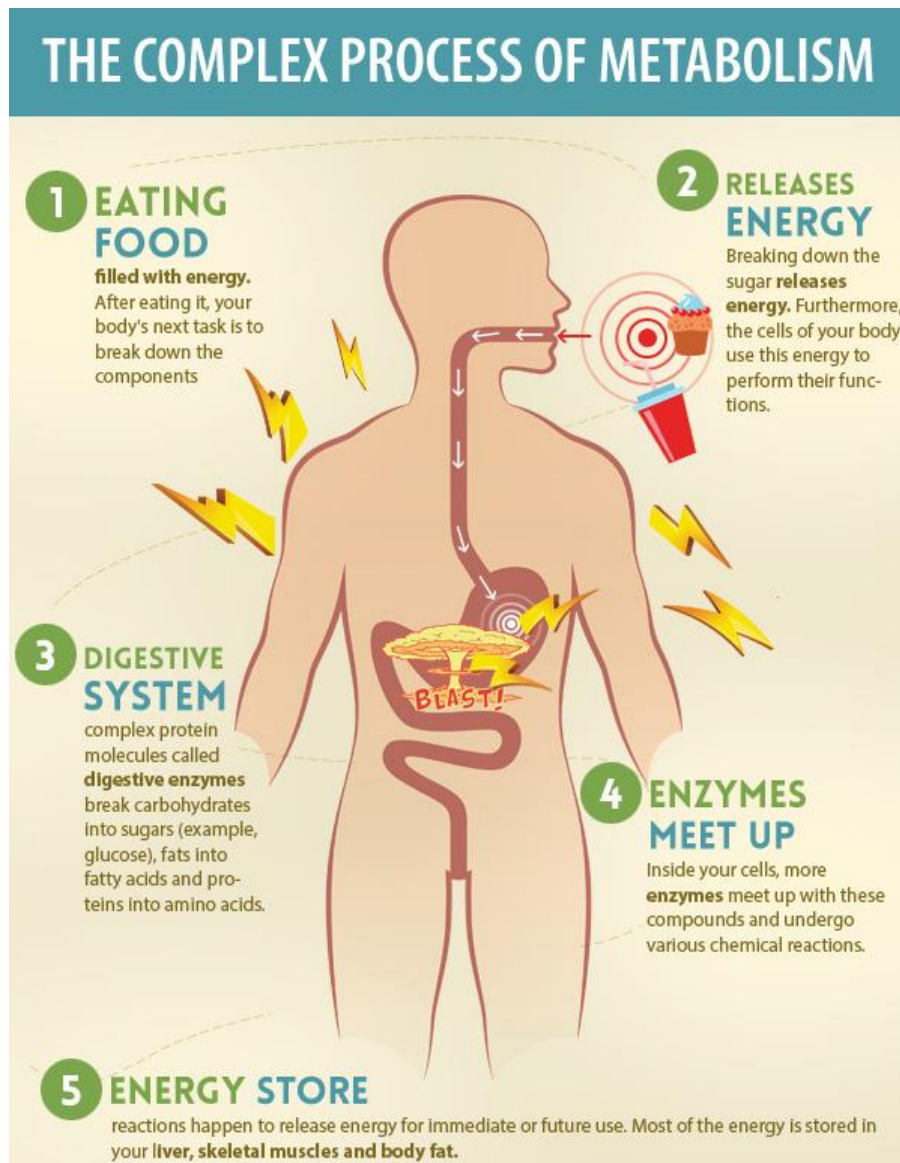


MEDPOINT FITNESS NUTRITION NEWSLETTER

What is Metabolism?



<http://muscleandjoint.ca/metabolism-and-weight-loss/>

WHAT IS METABOLISM?

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The metabolism is our internal firehouse that helps us break down food into its basic forms (glucose, fatty acids & amino acids) to either produce energy or store energy as fat or glycogen. It is influenced by many different factors in our internal system as well as our environment. Our metabolism can be affected by the type of food we eat, emotions, hydration, cell function, environmental temperature, exercise, muscle mass, hormones, etc. As you can see, there are multiple factors that affect our metabolism. So you might be asking yourself, what can I do to increase my metabolism? Read below for some ideas;

1. Eating smaller meals and snacks every 2-3 hours throughout your day helps to maintain an elevated metabolism. The body starts to slow down its internal system when there are larger gaps between meals as a protective mechanism. This in turn can slow down your metabolism.



2. Eating a varied diet loaded with foods that are higher in fiber and/or healthy fats help to increase your metabolism because these foods take more energy to breakdown in the body. Examples of these foods would include any vegetable of varied colours (i.e., dark leafy greens, bell peppers, onion, beets, sweet potato, etc.), fruits that contain pulp, seeds or skins (i.e., oranges, berries and apples), nut/seeds/avocado/nut butters/oils (healthy fats), etc.
3. Resistance training. Having more muscle mass means you have more tissue that demands fuel. By increasing your lean mass you increase your body's energy demands and your metabolism runs at a fast rate. You can elevate your metabolism by roughly 10kcal/hour more for up to 36 hours post-exercise.

4. Regular exercise, whether its cardio training or resistance training helps to increase the number of mitochondria in your cells. Mitochondria are the major organelles in our cells that are responsible for converting nutrients into energy in our body. Therefore the more mitochondria we have, the more our calories in our body are used towards energy production, in turn causing an elevation in metabolism.
5. Staying hydrated helps to increase the efficiency of our internal systems. We can burn up to 17,400 more calories every year if we maintain a hydrated system. Men are suggested to have 3 liters of water/day and women 2.2 liters of water/day. Also, work towards limiting intake of caffeinated beverages to help with maintaining your hydration balance.
6. Take care of your mental health. Emotions have a large impact on our hormonal regulation in the body which can in turn can impact the efficiency of our metabolism. Stress is one of the most common emotions that impact our metabolism. Long term bouts of stress and continuous secretion of hormones such as cortisol can cause a decrease in insulin sensitivity therefore causing imbalances in your blood sugar levels. This can impact your metabolism as well as put you at risk of type II diabetes. A couple of suggestion for stress reduction are to exercise regularly, eat healthy/nutrient dense foods, try to keep open communication with your loved ones, keep a hobby outside of work and try your best to get quality sleep on a regular basis.

