

Rigorous

TOTAL BODY PERFORMANCE MAGAZINE

Issue #3

Master Your *Metabolism*

- Basal Metabolic Rate
- Thermic Effect Of Food
- Exercise Activity Thermogenesis
- Non-Exercise Activity Thermogenesis
- And more...



RIGOROUSNUTRITION.COM

W M C E M

ARE YOU READY TO *Turn up the heat?*

Your metabolism plays a huge role in your health, fitness, and — of course — your results.

So if you're feeling like your metabolism needs a little more fire, this guide will give you a proven plan to do it!

Just a few simple tweaks to your diet and lifestyle can give you the boost you need, from easier weight loss to clearer thinking.

At RIGOROUS Nutrition, we help guide our customers and clients on their fitness journey.

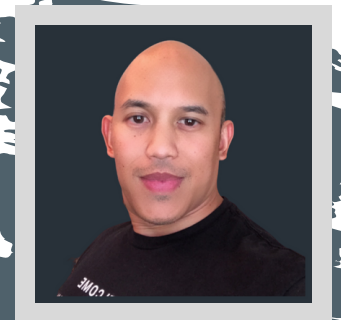
Once you get into our "ecosystem" you can access our resources, ask questions, and have a community to help support your goals.

Ready to dive in? Let's go!

*Committed to
Your Success,*

RICHARD RIGOR

Founder, RIGOROUS Nutrition
Performance Coach
Publisher, [Myyndset Newsletter](#)





METABOLISM

101

Chances are one of the first things that pops into your mind when you hear “metabolism” is weight loss (or weight gain!).

But your metabolism is SO much more than that. It affects every function of your body, right down to the beating of your heart.

Before we dive into how to boost your metabolic burn, it helps to know what your metabolism is, what it does, and how it works.

Metabolism is when your body takes all the calories from everything you eat and drink and combines them with oxygen inside your cells. That’s where a series of chemical processes happen. They create the fuel to power basically everything your body does.

METABOLISM HELPS:

- ✓ Pumping your heart
- ✓ Circulating your blood
- ✓ Breathing
- ✓ Regulating your body temp.
- ✓ Digesting food
- ✓ Growing and repairing cells
- ✓ Keeping hormones in balance
- ✓ Moving your body
- ✓ Helping your brain function

Your

METABOLISM

Action Plan

When it comes to revving up your metabolism, there's bad news... good news... and some even BETTER news for you.

THE BAD NEWS...

A good chunk of your metabolism is (mostly) out of your control. It's your BMR - your basal metabolic rate, which is how much your body burns just by being alive (breathing, digesting, etc.).

THE GOOD NEWS...

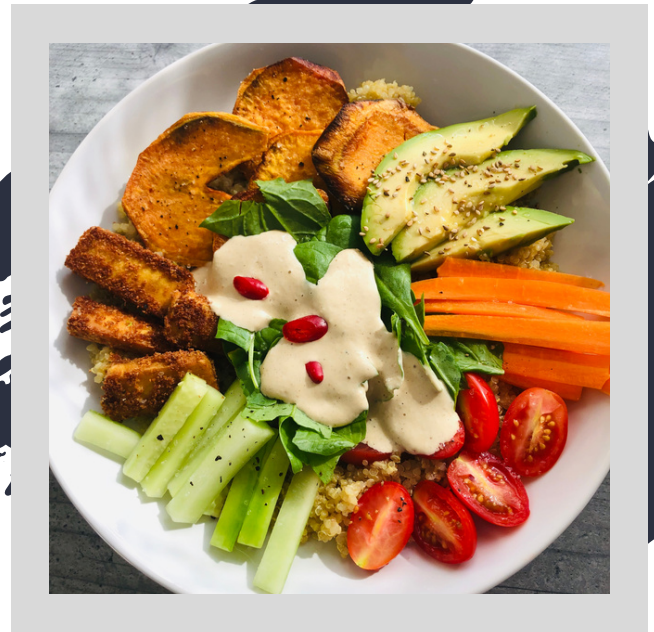
It doesn't actually matter too much if you have a naturally fast or slow BMR... because there a LOT of things you can do to boost your overall burn. (Surprised? More on this later!)

THE EVEN BETTER NEWS...

The simple actions you can take every day to boost your metabolism will ALSO improve your overall health and energy.

THE BOTTOM LINE

If you want to gain, lose, or maintain your weight, it's simply a matter of balancing the food (energy) you take in with the energy you spend every day.

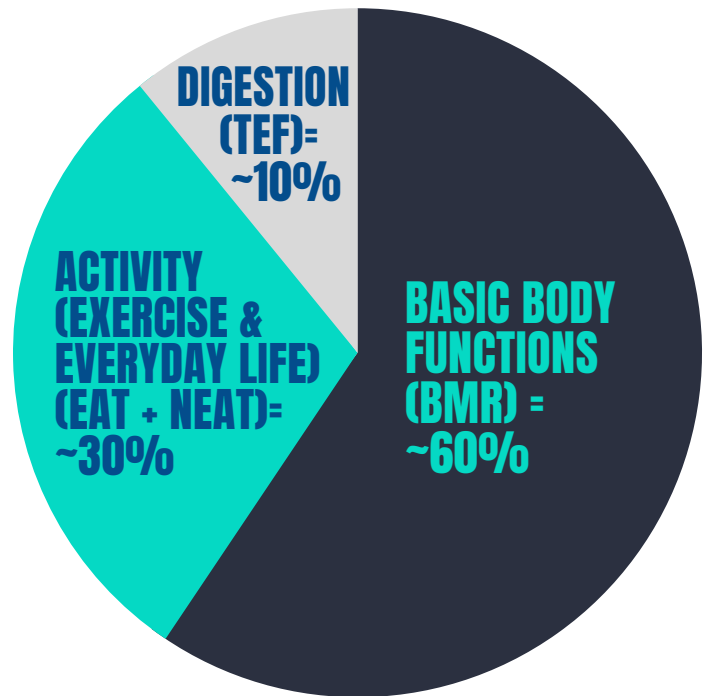


Your daily energy use can be summed up by this equation, which looks more complicated than it is.

$$\text{TDEE} = \text{BMR} + \text{NEAT} + \text{TEF} + \text{EAT}$$

Here's a chart that breaks it all down for you:

METABOLISM By the Numbers



TDEE: Total Daily Energy Expenditure

BMR: Basal Metabolic Rate

NEAT: Non-Exercise Activity Thermogenesis

TEF: Thermic Effect of Food

EAT: Exercise Activity Thermogenesis

Your Daily Metabolic Energy Use

FOR

YOUR DAILY METABOLIC ENERGY USE FORMULA

Your Total Daily Energy Expenditure (TDEE) is how many calories you burn every day. It's the total of your:

BASAL METABOLIC RATE

BMR - the calories you burn just being alive

= 60-70% OF TDEE FOR MOST PEOPLE

NON-EXERCISE ACTIVITY THERMOGENESIS

NEAT - the calories you burn during regular activities like household chores, driving to work, brushing your teeth, etc.

= 15-50% OF YOUR TDEE (MORE ACTIVITY = MORE BURN)

THERMIC EFFECT OF FOOD

TEF - the calories you burn converting your food to energy (digestion)

= 8-15% OF YOUR TDEE

EXERCISE ACTIVITY THERMOGENESIS

EAT - the calories you burn working out

= 15-30% OF YOUR TDEE



*You have more control over some variables than others. But here are two factors you **DO CONTROL**:*

1

People who have busy and active jobs and/or lifestyles will burn more calories through NEAT than those who don't.

2

Elite endurance athletes will burn more EAT calories during their workouts than people who don't exercise for as long or as intensely.

CALCULATE YOUR OWN TDEE HERE!

<https://mynutritioncalculator.com/mifflin-st-jeor-calculator>

What About FAST VS. SLOW METABOLISM and Weight Loss?

A lot of things you don't control can affect your rate of BMR and your overall metabolism: your genes, your body's build (height, weight, etc.), and your age.

Example: bigger, younger people tend to burn more calories every day than smaller elderly people.

So a person weighing 180 lbs (81.6 kg) would burn more calories just to stay alive than someone weighing 120 lbs (54.4 kg).

Just a number

Your age has less to do with your metabolism than previously thought.

Most of it can be attributed to:

1. Being less active and
2. Muscle loss due to lack of exercise, which escalates as you get older.



WHAT ABOUT FAST VS. SLOW METABOLISM AND WEIGHT LOSS?



Here's what you DO control:

YOUR: DIET. ACTIVITY LEVEL. EXERCISE.

Metabolism Fact: If weight loss is a goal, you have to burn more energy than you take in.



METABOLISM *by Age*

- Babies burn calories about 50% faster than adults
- After the age of 1, metabolism slows by about 3% a year until a person is in their 20s
- Between the ages of 20-60, the rate of metabolism remains steady
- After 60, metabolism can begin to decline at a rate that picks up beyond the age of 90

SUPPLEMENTS



Powerhouse Greens

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MindPower

Focus + Energy + Pump



9 Proven Ways to **REV UP** Your Metabolism

1

MOVE MORE.

Your **BIGGEST** opportunity to rev up your metabolism during the day is to get moving!

These are your “**NEAT**” calories – the calories you burn while going about your daily life.

- *Walking to your car*
- *Doing chores around the house*
- *Playing with the kids or pets*
- *Going shopping*

PLUS: being more active helps your body release more of an enzyme you need to burn fats and sugars in your bloodstream.

If you are inactive for 60–90 minutes, these enzymes – called **lipoprotein lipase** – become (essentially) inactive, too. (*Yet another reason why it's not good to sit down for too long during the day!*)

This can contribute to weight gain, metabolic problems (like diabetes), and a drop in your HDL (the good cholesterol).

2 EAT MORE PROTEIN.

Protein is a proven metabolism revver-upper.

BONUS: It also keeps you feeling fuller longer than any other food group!

- *It causes the largest rise in your TEF (thermic effect of food)*
- *Protein requires 20% to 30% of its calories to be used for metabolizing it*
- *Carbs only require 5% to 10% of its calories, and fats, 0% to 3%*
- *If you are trying to lose weight, eating protein can help prevent muscle loss*

3 RAMP UP YOUR WORKOUTS.

High-intensity interval training (HIIT) workouts can be a 1-2-3 punch for your metabolism.

- You burn calories to fuel the workout.
- You get a slight bump in calorie burning after your workout because of EPOC - excess post-exercise oxygen consumption. That's what happens while your body recovers & repairs from the workout – and it can add another 6% to 15% of the total calorie burn to your workout.

***Example:** if you burned 300 calories during your workout, you could tack on another 18 to 45 calories during your recovery period.*

- New research has found that HIIT boosts proteins you need for metabolism to happen in your cells. Some of those proteins help build mitochondria, the energy “powerhouses” in your cells that play a huge role in energy metabolism.

Want to learn how to incorporate HIIT into your routine? A qualified coach can help.

4 LIFT HEAVIER WEIGHTS.

Resistance training can help you build new muscle — plus it helps you keep the muscle you already have if you're trying to lose weight.

Muscle is more metabolically active than fat, burning more calories even at rest.

- *For every pound of muscle (.45 kg) you have, your body will burn about 6-10 calories per day at rest*
- *For every pound of fat, you'll burn about 2-3 calories per day at rest*

5 DON'T CRASH DIET.

Going on a crash diet (eating less than 1,200 calories a day for women, or 1,800 calories for men) will backfire on you.

Not only are you depriving your body of the nutrients it needs to function at its best, but you're also setting yourself up for a slower metabolism in the future.

Even though you might lose weight on a crash diet (at least temporarily), a good chunk of that weight will be in the form of muscle.

That means your body will burn fewer calories — *and you'll end up with a LOWER metabolism than you had before your diet.*



6 DRINK WATER.

Studies have found that drinking 500 ml (a little over 2 cups) of cold water can boost your fat metabolism by about 30% for a short time – an effect that appears to begin about 10 minutes after drinking the water and reaches its peak about 30–40 minutes later.

Pretty cool, right?! Beyond the metabolism boost, staying hydrated can help keep your hunger and cravings at bay... and it also helps your body function better.

7 GET YOUR ZZZs.

When you don't get enough sleep it can create a triple-whammy effect in your body.

- 1. It can disrupt your appetite hormones (ghrelin & leptin), making you feel hungrier*
- 2. It can affect the way you process sugar, potentially causing you to store more fat*
- 3. It can lower the number of calories you burn*

Make sure your bedroom is cool, quiet, and cozy – and that you set aside enough time (for most people, 7–9 hours) for a solid night of sleep.



9 PROVEN WAYS TO REV UP YOUR METABOLISM

8 DRINK COFFEE OR GREEN & OOLONG TEA.

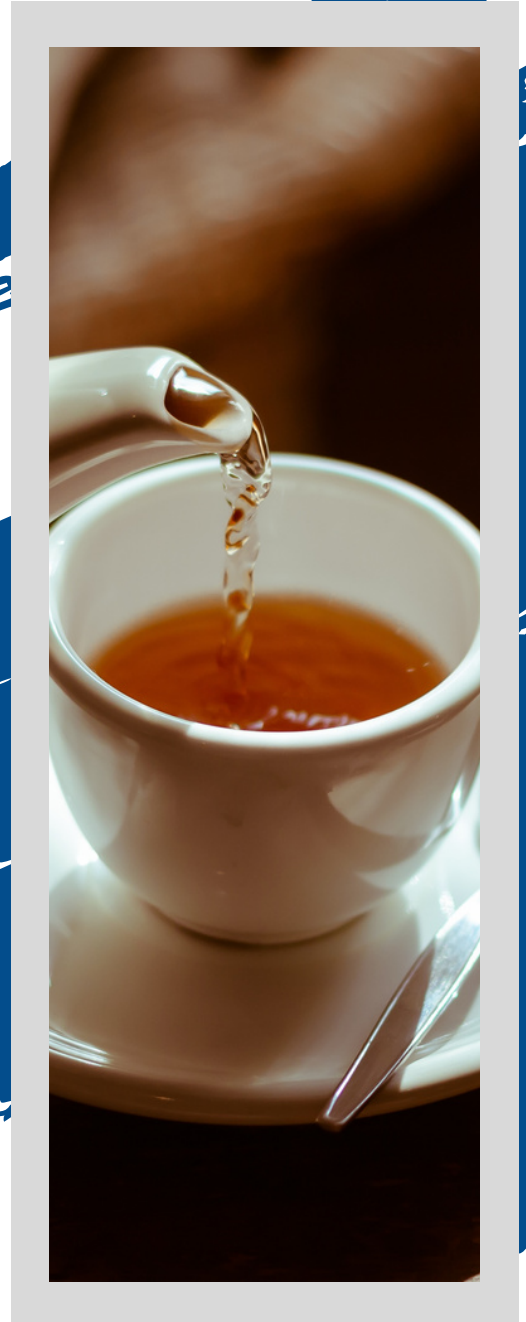
Caffeine can help boost your workouts and your metabolism, and may even help you burn a higher percentage of fat.

It also can help boost your workout performance.

PLUS, some studies show that both green and oolong tea have compounds that help convert fat stored in your body into free fatty acids, which may boost fat burning during exercise.

NOTE

Don't overdo the caffeine! It can make you feel jittery, anxious, and interfere with your sleep. A moderate amount of coffee is 3-4 cups a day, or on average 400 mg of caffeine, according to the Dietary Guidelines for Americans.



9 EAT SPICY FOODS.

This only gives you a tiny bump in your metabolism, but it's worth noting.

Spicy foods — like chili peppers — contain natural chemicals, including capsaicin, that can temporarily rev up your metabolism for a short while after you eat.



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We hope you enjoyed this issue!

Stay Strong!



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