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# SIMPLE WAYS TO BOOST YOUR METABOLISM





If you're anything like me you like to eat and hate counting calories. Maybe you've been on a long diet and harmed your metabolism, or you're losing weight and want to get the most out of it without undermining your efforts. Whatever the reason might be, you are able to boost your metabolism and increase fat burning and feel better without torture diets and feeling hungry all the time.

Over the years I've tried countless diets and conducted endless research on how to maximise metabolism and fat burning. Through this experience and new research results, I've made a list of the best methods. In this book you can find so many simple and easy things, that you might wonder why I'm recommending these to people. Everyone of these has a scientific basis and I want you to feel the benefits of using the methods of natural "biohacking" to achieve the best results for your goals.

## **Sleep starts the metabolism (up to +300 kcal/day)**

Sleep is important for recovery, but on average we sleep too little. Did you know that sleep is one of the most essential regulators of metabolism? The length, quality and regularity of sleep have an effect on metabolism. Problems in all of these three almost always cause direct problems for your body, even in a completely healthy young person:

- fat gathers more on the mid-body
- increased insulin resistance
- increased levels of cortisol and neurotransmitters
- disorders of energy consumption and appetite hormones
- difficulty to resist temptations
- decrease in metabolism levels.

You serve your metabolism best by sleeping well - ideally, 7-9 hours a night in a regular rhythm. A person who sleeps well falls asleep faster, doesn't wake up during sleep and feels refreshed when waking up.

Getting regular, high quality sleep increases your metabolism by up to 20 percent!





## Physical activity (300-600 kcal/hour)

You're probably thinking "It's no news that exercise burns calories!", but wait and I'll tell you what I mean.

Physical activity has many ways to boost metabolism and promote fat burning:

- Calories burned during exercise – you can easily burn 600 calories per hour with intensive training or 600 calories per day by standing instead of sitting at your desk (assumes 10 hours at +60 cal. per hour).

[Click here to find out many extra calories you might burn.](#)

- "Afterburn" is the increase in metabolism level after exercise – technically referred to as EPOC (Excess Post-Exercise Oxygen Consumption) studies show that EPOC can increase calories consumed by as much as 6-15%.
- Increasing your muscle mass through exercise increases the amount of calories your body uses. 1 kg of muscle consumes 13 kcal/day when resting and significantly more when exercised. Over time each kg of extra muscle makes a significant difference to your calories burned.

[Click here to find out how many calories you burn for different types of exercise.](#)

## Omega- 3 fatty acids (up to + 180 kcal/day)

The dietary supplement and fitness world are full of different "fat burners" and "metabolism boosters" without significant evidence of them working. However, Omega-3 fatty acids are scientifically proven to contribute to fat burning. In research it was found to increase the resting metabolism rate of healthy older women by up to 14%. That is an incredibly efficient metabolism booster! In research the amount of supplements used was mostly 2 - 4 g/day.







In addition, Omega-3 has many other health benefits:

- lowers the level of inflammatory mediators in the blood
- improves the effectiveness of many hormones
- prevents blood clots
- protects against cardiovascular diseases
- improves memory and mood.

## Vitamin D (up to +400 kcal/day)

Often referred to as the "sunshine vitamin", Vitamin D is one of the essential neurotransmitters in the metabolism of the body. In a 2016 study it was noted that every 10 nmol/l of vitamin D corresponds to approximately 56 kcal/day of resting metabolism rate. For example: Vitamin D concentration of 50 nmol/l vs 100 nmol/l has a difference to daily energy consumption of a whopping 280 kcal/day!

**IMPORTANT NOTE:** - before significantly increasing your vitamin D intake, get your current levels measured - your local GP should be able to help, but you can also do tests at home - if it's under 100 nmol/dat, add vitamin D to your daily intake.

Vitamin D has also many other important metabolic effects on the body:

- increases sugar metabolism
- increases resistance
- contributes to the effect of several hormones
- decreases low-grade inflammation in the body
- improves your mood
- can help to improve sleep quality.



## Protein (and fibre) in food (up to +400 kcal/day)

Even though we are living in the times of ketogenic and low-carbohydrate trends, protein hasn't lost its importance. Regardless of diet, we need enough high-quality protein from food to maintain our metabolism. Adequate protein has many essential effects:

- metabolically maintains active muscle mass
- digesting protein requires a lot more energy than carbohydrates or fats
- protein helps to make you feel fuller, which prevents you from overeating (note: the same effect as fibre).

**How much high-quality should you get every day?**

**Min. 1 g/kg/day and max. 2 g/kg/day depending on how active you are physically, how much strength training you do and if you are losing weight, toning your body up or increasing your weight.**

## Ketogenic diet (maintains energy consumption)

When implemented correctly, a ketogenic diet maintains metabolism and energy consumption without hunger. By minimising carbohydrates and replacing the calories with healthy fats, the keto diet leverages ketosis to burn the body's fat tissue while retaining muscle mass. The benefits of a ketogenic diet include:

- more efficient fat burning
- feeling more energetic
- reduced feelings of hunger
- lowers blood sugar and insulin levels
- protection of muscle mass
- better sugar metabolism.






## Green tea (+ 120 kcal/day)

Green tea is known for its several health benefits, but did you know that extensive research has shown that drinking green tea daily (as a drink or a supplement) increases metabolism by as much as 120 kcal a day on average.

Other effects of green tea include:

- increased learning and memory
- protection for cardiovascular diseases
- increased sugar and fat metabolism.

## Water (+ 5 kcal/bottle)



Good hydration keeps us refreshed and delays the feeling of hunger. In addition to that, drinking cold water increases the resting metabolism rate for a couple of hours.

However, in the end the effect is pretty small - about 5 calories per typical bottle - but it's important to consider the smaller risk of overeating due to good hydration. Often the body mistakes poor hydration as signs of hunger and triggers a desire for food. Therefore, it's always worth having a glass of water before a meal.

Building a healthy metabolism and maximising fat burning doesn't need to be all about hunger and counting calories. As I have shown, there are many little changes you can make to create a significant boost for your metabolism.

Keep up these small tricks to support your healthy lifestyle and maintaining a calorie deficit and in time you'll see the results you've been looking.



## About The Author



Symone English is the founder of RunMoveTone and a qualified Personal Trainer. She admits that, before becoming a qualified PT she struggled with various fad diets and experienced the frustration and disappointment of finding that her efforts were not generating the results she wanted.

*"By becoming a qualified Personal Trainer I have been able to help myself and others to achieve their weight loss and fitness goals in ways I could only have dreamed of previously.*

*I run a variety of fitness classes (e.g. boxfit, legs bums and tums) and offer personal training sessions in Medway, Kent. I can also offer online personal training sessions via Zoom, together with nutrition guidance and a range of meal plans to suit your goals. "*

I hope you've found this book useful and if you need further information, please contact me on 07767 608462 or visit my facebook page: <https://www.facebook.com/RunMoveTone>.



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