



ELITE

Personal Training and Fitness Solutions

HEALTH TIP OF THE WEEK

10/11- Six Habits That Kill Your Metabolism

We often hear about ways to try to boost our metabolism, but what we don't hear about are habits that can drain our metabolism.

An active metabolism promotes weight loss by making you burn more calories. Your metabolic rate determines the number of calories you burn and it also helps maintain a balance in the body by taking care of your blood sugar, cholesterol, triglyceride and blood pressure levels. We often hear about ways to try to boost our metabolism, but what we don't hear about are habits that can drain our metabolism.

Here are six bad habits that can slow down your metabolism

1. Eating Too Little

Many people have this misconception that eating fewer calories helps them lose weight. You may be surprised to know that limiting caloric intake leads to decreased metabolism. Though one needs to eat less calories than you burn to lose weight, eating too few calories can backfire. In this case, your body senses danger because of the scarcity of food and lowers the rate at which it burns calories.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

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Six bad habits that can slow down your metabolism (con'td)

2. Sedentary Lifestyle

Leading a sedentary lifestyle can lead to a significant decrease in the number of calories you burn every day. Due to the coronavirus pandemic, more people are working from home and sitting all day, which has had a negative effect on metabolism and overall health.

Every physical activity like standing, cleaning, taking the stairs and walking can help you burn calories. This type of activity is called Non-Exercise Activity Thermogenesis [NEAT]. However, resistive training several times a week is the best strategy to boost your metabolism, lose weight and improve your overall health.

3. Not Eating Enough Protein

Eating enough protein is important to achieve a healthy weight loss. Protein keeps you fuller longer and increases the rate at which your body burns calories. When you digest food, there is an increase in metabolism, which is called the thermic effect of food [TEF].

So, the thermic effect of protein is much higher than that of fat or carbohydrates. Just eating protein increases your metabolism by 20-30% as compared to 5-10% for carbohydrates and 3% or less for fat.



David Trumbore
PT, DPT, CSCI, CWT, CPI

4. Not Sleeping Enough

Getting enough sleep is important for maintaining overall health. Sleeping for only a few hours can increase your risk of illness, including heart disease, diabetes and depression. Inadequate sleep also lowers your metabolic rate and increases the likelihood of gaining weight.

5. Eating Too Many Refined Carbohydrates

Refined carbohydrates are very different from complex carbohydrates. The refining process strips most of the fiber from the nutritional content. Refined carbohydrates are easily digested and lead to a spike in blood sugar levels. Furthermore, your body uses less energy to break down and digest them. Examples of refined carbohydrates include white bread, white rice, pastries, bagels, pizza and in most cereals.

6. Following Strict Diets

Following strict diets, especially when you are exercising, forces your body to conserve energy to carry out basic day-to-day work. This can backfire as your body clings to these calories and makes it harder to lose fat.

Take-Home Message

Please feel free to reach out to us so we can help you improve your metabolism and overall health and wellness

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