

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Boost Your Metabolism for Fall

By ARA Content

Boost Your Metabolism for Fall

by: **ARA Content**

A balanced approach to diet and nutrition provides long-term results.

(ARA) – As the balmy late-summer days give way to the cool breezes of autumn, many people are inspired to tackle their fitness routine with new vigor. With kids back in school, parents have more time to get to the gym, and the crisp fall air makes it possible to exercise comfortably, free of the summer heat and humidity.

Even with a fitness regimen in place, most people tend to be more sedentary in fall and winter; for that reason, it is important to incorporate a balanced approach to diet and nutrition into your plan. For example, most people don't eat the recommended four to five servings of fruits and vegetables each day. But our health, energy, muscle development and more are all directly linked to the whole foods, vitamins and supplements we ingest each day.

As a society, we are very interested in health and fitness, and yet it seems that this heightened curiosity has become our worst enemy. We constantly fall victim to the quick fix approaches promised by many diet and exercise companies. In doing so, we misunderstand our body and how it really works.

Accurate information is imperative when considering a change to your diet. Unfortunately, too many people make their choices based on information from television, newspapers, magazine, books and myriad other mediums that lack scientific authenticity or any form of governmental regulation.

Test your knowledge regarding health, fitness and nutrition by answering the following true or false questions: A fat-free diet is good for you. You can lose fat around your mid-section by performing sit-ups or leg lifts. Eating late at night is bad for you. A slow metabolism is a result of your genetic disposition. An all-protein diet is a safe and effective way to lose weight and keep it off. You can lose weight more quickly if you combine exercise and an extremely low-calorie diet. When you go on a very

Boost Your Metabolism for Fall

low-calorie diet, your body will use its own fat for energy. Counting calories is the solution for proper, long-lasting weight control. The real purpose of exercise is to burn calories.

If you answered "true" to any of these questions, it is a good indication that you don't understand the basic information about your body and how it works. Don't feel bad; you aren't alone. Most Americans share these misconceptions.

Helping to cut through the clutter of misinformation, Life Time Fitness, the country's fastest-growing health and fitness company, has launched an educational tool designed to help consumers obtain accurate and practical information regarding fitness and nutrition.

Entitled "Master Your Metabolism," this unique video program helps dispel many of the myths and misconceptions surrounding health and fitness, while providing viewers with valuable insight into how the body functions and responds to exercise and what we eat. The 90-minute program summarizes

years of biochemistry and exercise physiology research to provide a comprehensive understanding of how our bodies work, how metabolism can be slowed or accelerated, and how we can properly communicate our desired goals to our bodies by understanding its logic.

"The human body is an amazing machine with incredible capabilities, said Jeff Zwiefel, vice president, Life Time Fitness Health Enhancement Division. "It operates on a pure and perfectly logical platform. Our job simply is to understand that logic and learn how to communicate with our bodies. With an easy-to-understand format, 'Master Your Metabolism' has been designed to help us gain this knowledge so that we can extend longevity and enhance lifestyle."

Life Time Fitness didn't stop there. The company also amassed a team of independent, nationally renowned physicians, biochemists, nutritionists and researchers, to help it develop a full line of Fast Fuel nutrition bars, and vitamin and mineral supplements specifically designed to help people achieve their health and fitness goals.

The fact is that there is no magic formula when it comes to becoming fit and achieving the shapely and toned body we desire. The safe and effective solution to a long-term healthy lifestyle is simply gaining a big-picture understanding of how our bodies work.

"When we better understand our bodies and make wise, informed choices around a balanced diet and exercise program, we transcend that once-per-year effort to get into shape for the summer to achieve a consistent, long-term and healthy lifestyle," said Zwiefel. "Instead of being blindly lead by every new diet and exercise fad, consumers finally will possess the knowledge to understand what works, what doesn't, and why."

For more information about Master Your Metabolism or LIFE TIME FITNESS, visit

, or call (800) 430-5433.

Courtesy of ARA Content,

; e-mail:

Speed up Metabolism

By www.NegativeCalorieFoods.com

Speed up Metabolism by www.NegativeCalorieFoods.com

Speed up Metabolism

Copyright 2004 www.NegativeCalorieFoods.com

[You have permission to publish this article in your web sites, ezines or electronic publication, as long as the piece is used in its entirety including the resource box, all HTML hyperlinks (clickable) and references and copyright info.]

Metabolism is essentially the speed at which our body's motor is running. The speed at which our body burns calories is called the metabolic rate. It's how fast your "motor" is running when you're still in a reclined position or sleeping. About 60–75% of energy is expended by the body at rest in such activities.

The metabolism is based on the number of calories we burn throughout the day. Our body constantly burns calories to keep us going whether we are eating, sleeping, cleaning etc. People with a lower percentage of body fat (i.e. muscular) have a higher metabolism than others that are less muscular because muscle uses more calories to maintain itself than fat. Some people have a slower metabolic rate and have a harder time staying slim. Younger persons have higher (faster) metabolism because of the increased activity of cells. A slow metabolism actually causes to store fat. The slower the metabolic rate, the greater the weight gains. How to build muscles to improve metabolism? What type of exercise is ideal that speed up metabolism so that you burn calories even at rest or sleep? There are simple exercises that speed up the metabolism.

Causes for Low Metabolism

Fasting

A low calorie diet

Snacking throughout the day on high sugared foods (candy, colas, cakes, gum).

Eating or drinking too much sugar containing foods.

Lack of physical activity.

Underactive thyroid.

Metabolism Boosters

There are some natural metabolism boosters (natural foods) that improves your metabolism. Do not take over the counter pills containing animal thyroid extract that claim to boost up metabolism. These products may have side effects as diarrhea, increased heart rate, excessive sweating, nervousness,

tremors, bulging eyes, etc.

How to Improve (Speed up) Metabolism

Do not skip any meals

Exercise daily

Build your muscles

Avoid alcohol, sugar, and fastings

Drink 8–10 glasses of water daily.

Eat foods with high nutrition values

This article has been written by

. Download the

Weight Loss Diet

eBook Web site for details on metabolsim, metabolism boosters and how to increase your metabolism.

This article has been written by

.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!