

‘There is a good reason why some people consume all manner of naughtiness without consequence. They have a secret – they know how to keep their engine revved up’

The truth is that my portion sizes are twice my husband’s and I’m the person that will eat before I go to a restaurant in case the service is too slow. I don’t allow myself to get hungry and I am by no means alone.

Maddening as it is, there is a good reason why some people appear to be able to consume all manner of naughtiness without consequence. They have a secret – they know how to keep their engine revved up.

Most of the body’s energy is used just to keep us going and is known as Basal Metabolic Rate (BMR). We use energy even as we sleep. Your BMR has a huge impact on the total calories you burn each day so to get a faster metabolism you need to raise your BMR.

Changing your health is not only about nutrition. It is often the case that you reach a plateau after starting a new exercise routine. It could be that you are missing a vital trick. Understanding the changes you need to make and why is actually very simple. You may be surprised.

Muscle memory is a term used to describe your adaptation to exercise. What you did yesterday or even 10 years ago has an impact on today. It means your body will quickly adapt back into an exercise routine. Once you have established that routine you may become so accustomed you start to see no change – the plateau effect.

Without days off from exercise your muscles will not develop. Your muscles need time to recover. You need to replace your protein and energy stores for success. It is why it is so important to build up any new exercise routine gradually. It really is true that less is more. Getting the right balance is crucial.

Unlike fat tissue, muscle tissue is metabolically active even at rest. Over the



years we lose muscle but continue to eat in the same way. If you don’t wish to deprive yourself then getting physical is the answer. One pound of muscle would allow you to consume an extra 50 calories a day.

By exercising regularly with proper rest days you constantly boost your metabolism and that boost stays with you – it doesn’t just disappear when you stop.

Avoid large meals if you can; they slow your metabolism down. Instead eat little but often to keep your energy up – You should avoid being hungry at all. It is a fact that limiting your food intake slows your metabolism down. Many ex-dieters will testify that as soon as they began to eat sensibly and healthily their weight regulates.

There is evidence out there that says it is better to snack on carbohydrates rather than anything high in fat. Our body is happy to use it up as energy whereas fat gets laid down and stored; in all the wrong places.

Drinking a cup of tea or coffee can raise your metabolism by around 5-10% for the following two hours.

This includes green tea. It is thought it increases your nervous activity, making your body move more. Caffeine also alters our fuel use so we burn fat for energy rather than glucose. It is why many people have a cup of coffee

before they take an exercise class.

Don’t overheat your home. Keeping your thermostat down encourages your body to use energy to keep warm. Scientists have discovered that some of us retain brown fat – something we thought we only had as babies. Brown fat is activated when we become cold. This will be music to the ears of those who like to keep a keen eye on their heating costs.

So the secret is to build muscle and move, move, move. 

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