Understanding Metabolism

Metabolism is the process by which your body converts what you eat and drink into energy. During this complex process, calories in food and beverages are combined with oxygen to release the energy your body needs to function.

Components of Metabolism

- ***Your metabolism determines your energy or calorie needs for the day***
- ***Metabolism varies based on your age, weight and height and activity level***
- ***Metabolism is made up of 3 parts:***

1. ***Resting Energy Expenditure** (60-70%): the amount of energy needed ust for survival. This fuels all of your organs (except for digestion) 24 hrs/day, 365 days/year and never stops*
2. ***Physical Activity** (15-30%): Highly variable and includes all of your body's movements, not just intentional exercise*
3. ***Thermic Effect of Food** (10%): The energy your body uses to digest and metabolize the food that you eat.*

What is the Energy Used For?:

Body Organs: approx 80%

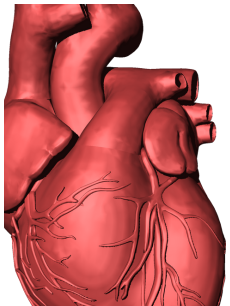
Muscle: approx 20%

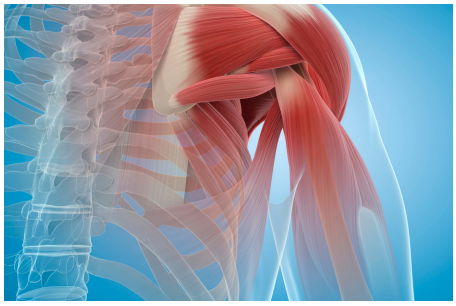
Fat: approx 5%

- ***TEF burn rates:***
  Protein - 30%
  Carb - 15%
  Fat - 3%
- ***Muscle is about 3x more metabolically active than fat. However, increasing muscle mass by a few pounds only increases caloric expenditure by about 50 calories per day***

How to Build a Strong Metabolism

***Fuel Strong All day Long**: The human body is naturally very efficient. When fed infrequently, it will slow down all metabolic processes to conserve energy. The reverse is also true. When you eat frequently, the body understands that it doesn't need to conserve energy - meaning you store less fat. Another benefit to eating more often is that you can easily consume smaller portions at each meal or snack. The portion size can be controlled because you won't be as hungry since you just ate 2-3 hours ago. The lack of cravings also means it's easier to pick a lean and healthy snack; preventing over-eating when becoming overly-hungry.*





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