

METABOLISM 101

- WHAT THE HECK IS YOUR BMR?
- YOU REALLY ARE WHAT YOU EAT
- WHEN YOU EAT DOES MATTER
- NOT ALL EXERCISE IS THE SAME
- STRESS AND BODY FAT
- WHAT'S SLEEP GOT TO DO WITH IT?



WHAT THE HECK IS MY BMR????

BMR is the rate at which your body burns calories to perform its normal functions of digestion, circulation, breathing, at rest. A person with a low **BMR** burns fewer calories 24 hours a day, and over a period of months; this can lead to stored body fat.

How can I raise my BMR? Muscle has a higher energy requirement than fat, so the more muscle and less fat your body is composed of, the higher your BMR and metabolism will be. A pound of muscle at rest burns about 40 to 50 calories a day, an amount that rises when the person who owns the muscle is using it. A pound of fat at rest (as fat usually is) uses only about two calories a day. That means the more lean body mass you have, the more calories you burn!

YOU REALLY ARE WHAT YOU EAT...



The bottom line to improving your your bottom line is not only **WHAT** you eat but **WHEN** you eat it. Want a belly that hangs over your belt? Back fat that shows through your sweaters? **We can GUARANTEE IT if....**

The (unintentional) Muffin Top Daily Diary

Breakfast – Starbucks latte on the way out to work

Lunch- Yogurt and an apple at your desk

Workout- 60 minutes of cardio reading a book

Dinner- meatloaf, potatoes, greenbeans, cornbread, butter, and a pudding cup, glass of wine

Late night- ice cream, cookies, cereal, chips...

Wake up the next day.... Fatigued, not hungry, and sluggish...

THE HARD BODY (No Muffin Top) DIARY

Breakfast- Shredded wheat, milk, blueberries, a scrambled egg and coffee.

10am snack- almond butter and crackers

Lunch- Grilled chicken salad, low fat dressing, apple, tea

3pm snack- yogurt with grapenuts

Workout- 45-50 cardio and resistance workout

Dinner- Baked salmon, roasted veggies, rice pilaf, pear compote and tea.

8pm snack- pudding cup or applesauce.

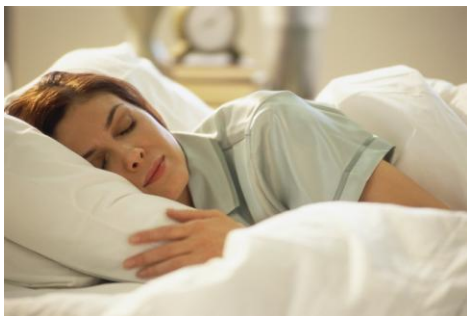
Wake up next day... Refreshed, hungry, ready to go!

NOT ALL EXERCISE IS THE SAME- Sometimes you've just got to H.I.T. it!

Although we want to start by saying that ALL movement is good, there is a definite difference in the results you will get from different activities. But Intervals for High Intensity Training will rev up your Metabolism fast! High Intensity Training exercises will give you greater fatburning results than the less intense workout sessions. Getting out of your comfort zone really has benefits!



You can do this a variety of ways – intervals of walking slow and then faster, jumpboard pilates classes, interval mat and resistance training workouts. You can wear a heart rate monitor to test your heart rate, or give yourself the talk test. If you can talk easily during your bursts, you need to work harder.



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STRESS, HORMONES & BODY FAT

Stress wreaks havoc in the body in many ways, compromising our immune system and ability to cope well. It can also make us fat! Cortisol, “the stress hormone” is released in our bodies when we are under stress as part of our bodies natural ‘fight or flight’ response.

Too much stress over time can elevate our cortisol levels which can lead to insulin imbalances and increased fat storage, especially around the midsection.

WHAT'S SLEEP GOT TO DO WITH IT?

When we are stressed, we often don't get enough sleep either and that can also lead to fatigue, low energy and a flat metabolism.

Two specific hormones are influenced by lack of sleep: *Ghrelin*, which is responsible for feelings of hunger and *Leptin*, which tells the brain when it's time to stop eating.

When you're sleep deprived, your ghrelin levels increase at the same time that your leptin levels decrease. The result is an increased craving for food and not feeling full.

Add the fact that sleep deprived people tend to choose different unhealthy foods to snack on—and it's easy to see how these small changes can lead to long-term

One thing does seem to be clear. When your body is not hungry for sleep, it won't be so hungry for food either.



LEAN BODY MASS = METABOLISM

Muscle burns more calories and takes up less space. Size really does matter!

Having some muscle on your body will make your dieting efforts much easier. Your muscle burns fat even while you are sitting on the couch! Muscle is a metabolically active tissue, much more so than fat. This means that muscle burns calories even when you are doing nothing.

Having more muscle means you can eat more and still lose fat. The best way to gain muscle is through resistance training, e.g. weight lifting. This can be done 2 or 3 times per week for good results.

Aerobic exercise such as jogging may result in some muscle gain but it is minimal when compared to resistance training. Muscle is what gives your body shape. You can lose all the fat you want but if you don't have any muscle to show then you won't have any real shape to show.

WHAT KIND OF WORKOUT SHOULD YOU DO TO GET YOUR METABOLISM IN GEAR?

Weight Training, Interval Training, Tabata Training, Kettlebells, BodyWeight Exercises, Jump Rope.

All of the above should at some point find their way into your Fat Loss and Muscle Building workouts. Variety it is said is the spice of life. Variety should also be the keyword in your workouts. Changing workouts at a fairly regular intervals keeps your motivation high.

Keep in mind that your body will adapt very quickly to doing the same exercises, sets and reps workout after workout. By changing your workouts your body is constantly working to adapt which keeps your metabolism elevated creating faster fat loss.

Using a lot of compound exercises is a great way to do this. Compound exercises use the largest muscle groups of the body with assistance from smaller muscles. Bench Presses, Squats, Deadlifts, Cleans etc are all examples of compound exercises. **When you use compound exercises you are using more muscles which in turn burns more fat and builds more muscle.**

Weight Training increases your ability to burn more calories throughout your day better than any other form of exercise. This is known as raising your metabolism. This is what you want!