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## Fitness Tips

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by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

Is it possible to speed up metabolism?

***Question:*** *What can I do to speed up and increase my metabolism?*

***Answer:*** When people try to lose weight, one of the first things they ask me is how they can get their metabolism working most efficiently. Exercise and activity are the best way to significantly increase your metabolic rate.

During vigorous physical activity, you elevate your metabolic rate and “use up” hundreds of extra calories. If you don’t like high-intensity exercise, then exercise longer or more often for the same effect.

If you like to exercise, try interval training, which alternates high- and low-intensity exercises in a shorter time frame. Regular strength training can help as well. Resistance training strengthens muscles, joints and bones, but also increases your lean muscle mass. The more muscle mass you maintain, the more calories you expend both while working out and when you’re at rest.

Eat smaller, regular meals and snacks throughout the day. Eat more protein -- it takes more calories to digest protein. If you limit your calories too severely, your body can go into “starvation mode” to cope with the food/energy shortage and contradicts your weightloss goals. Most experts recommend decreasing your calorie intake by just 250 calories per day to start, and consuming somewhere between 1200 and 1600 calories daily. Watch your portion sizes and go for more flavorful foods -- so you’ll be satisfied with less.

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**Cari Draft Elliott is an ACE-Certified Personal Trainer who makes “house calls”! Please check out her website at [www.oneononefitgirl.com](http://www.oneononefitgirl.com) and email your questions to [cari@oneononefitgirl.com](mailto:cari@oneononefitgirl.com).**

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