



DAVID FAIRLAMB THE FIT FACTOR

NUTRITION CORNER

Peanut butter is full of healthy fat and contains protein and potassium which lowers the risk of high blood pressure, stroke and heart disease. It also contains fibre for your bowel health. Ideally buy an organic product.



Don't miss David's tips every Saturday in your Journal

SUMMER is fast approaching and it's the most popular season to try and boost your metabolism and cut down on any extra weight in order to look your best. There are ways to supercharge your metabolism and reduce fats from your body naturally - this will not only make you look better but also help boost your self-confidence and self-esteem.

What is your metabolism?

Metabolism describes all the chemical processes that go on continuously inside the body to keep you alive and your organs functioning normally, such as breathing, repairing cells and digesting food.

Men/women

Men tend to have a faster metabolism as they have more muscle mass, heavier bones and less body fat than women, which is why their daily calorie allowance is higher.

Here are a few of my tips on boosting your metabolism naturally

Intensity - Make your workouts shorter and more intense. The more intense your workout, the

more calories you will continue to burn after your workout is over, keeping your fat-burning metabolism high throughout the day.

Spices - Studies have shown hot spices can increase your metabolism by up to 15% for a period of time after eating, e.g. chili peppers, spicy mustard or cayenne pepper. Look to add different spices to as many meals as possible.

Green Tea - researchers claim green tea can boost your metabolism and help weight loss as it appeared to speed



up metabolic rates and fat oxidation

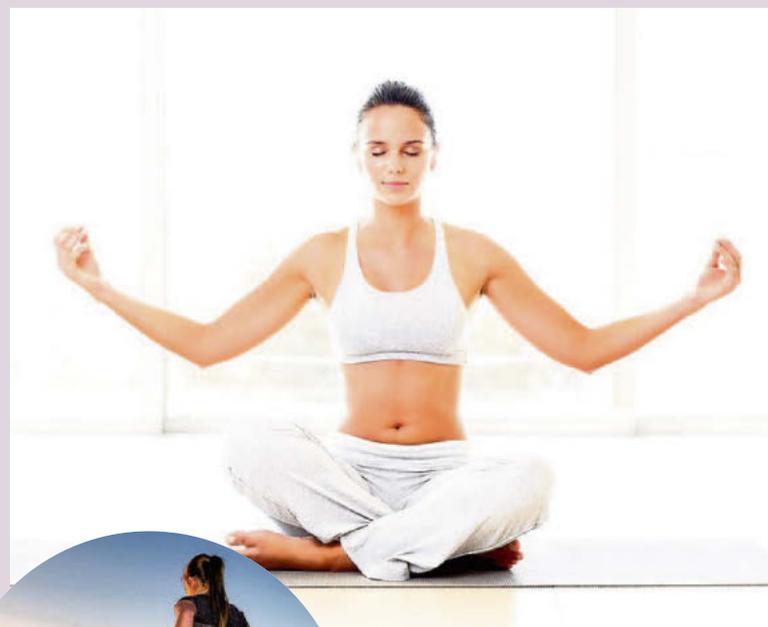
Inclines/stairs -

If you are out for a walk/run add an incline or stairs to make your muscles work harder over a short period of time. This will help improve your muscle strength and increase your heart rate and metabolism.

Eat Protein - To break down complex proteins, fats are required, therefore protein helps with fat burning and weight reduction. You also feel fuller for longer when eating protein.

Move more - the lighter nights are here, so go outside, move more and enjoy the fresh air. Moving more means burning more calories, leading to an increased metabolism.

Relax - The likes of meditation and deep breathing helps increase the heart rate and oxygen in to your body. Relaxation is a great way to increase your body metabolism naturally, especially outside in the summer.



Motivational quote of the day

The secret of success is found in your daily routine

FITNESS TIP

Plan your training, whether its for that day, week, month or year. Of course any training is beneficial, but when you know what you are going to do that day there is more of a focus and incentive to complete what you pre-planned.

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