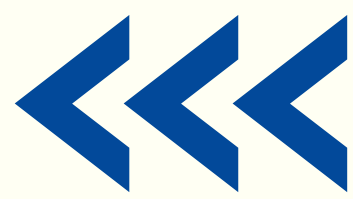


5 TIPS TO BOOST

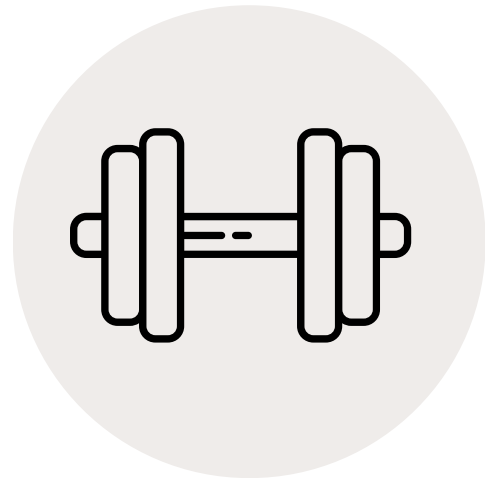
YOUR METABOLISM



BY JORDAN DAVIES

WWW.COMPLETEPERFORMANCENM.COM
JORDAN@COMPLETEPERFORMANCENM.COM
612-710-1570

#1 EAT HIGH QUALITY, NUTRIENT-DENSE FOODS



When It comes to metabolism, what you eat is more Important than how much you eat...

Now, that doesn't mean crash dieting, eating less than 1200 calories, or binge eating aren't killers to your metabolism - THEY ARE!

But let's focus on how we can eat MORE of the good stuff!

Micronutrient dense foods, such as leafy greens (spinach, kale), fruits (blueberries, strawberries), whole grains and fish rich in Omega-3 Fatty Acids (Salmon, Sardines) are loaded with vitamins and minerals.

Consuming these vitamins and minerals can help to boost and allow the metabolism to function properly, along with boosting certain functions of the body.

Let's talk specifics here because there's one specific macronutrient that boost your metabolism simply by eating more of it.

Any guesses?

PROTEIN!

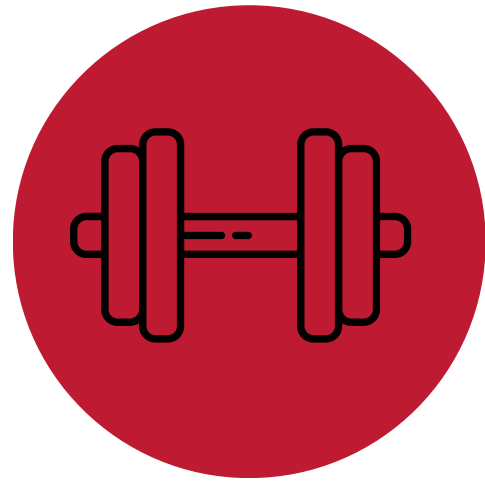
Eating sufficient amounts of protein helps in maintaining muscle mass and promotes muscle growth when paired with resistance training. As stated tip #1, muscle is more metabolic than fat, thus you'll burn more calories at rest.

Protein has the highest Thermic Effect of Feeding (TEF) of all the macronutrients at 20-35%, compared to just 5-15% for carbs and fats. This means that you burn the most calories digesting protein.

Are you hungry yet?



#2 RESISTANCE TRAIN, BUT NOT TOO MUCH



Resistance training builds muscle, which raises your BMR (number of calories your body burns at rest) and muscle is more metabolic than fat (meaning you burn more calories maintaining muscle on your body than fat).

After a resistance training session or a high intensity workout, Excess Post-Exercise Oxygen Consumption (EPOC) and other training factors allow your body to continue burning calories for hours sometimes even up to 2 days (extreme cases) after the workout session is complete.

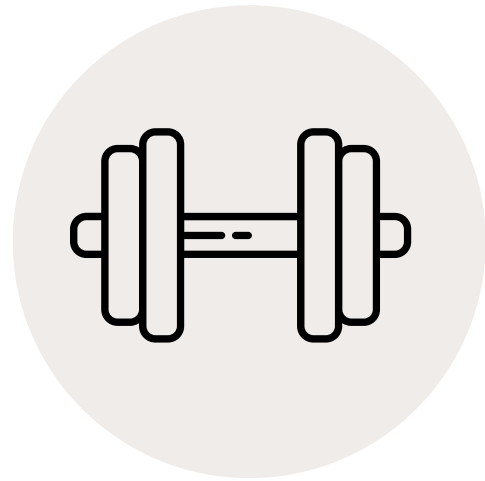
But In the case of resistance training, some Is good, but more Is NOT always better...

Training at too great of an Intensity for too long leads to overtraining.

Overtraining can lead to adrenal fatigue and metabolic damage.

Because of the way it impacts hormonal balance, excessive high intensity exercise can decrease fat metabolism, because it elevates cortisol levels (your stress hormone), which can end up impairing insulin sensitivity.

#3 INCREASE NEAT



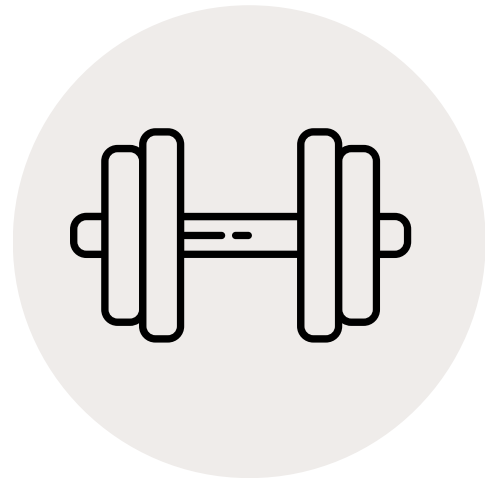
NEAT or non exercise activity thermogenesis is everything that we do that is not eating, sleeping and exercising (walking, feet tapping, fidgeting, washing dishes, cleaning, etc.)

Adding in more quantifiable NEAT in the form of tracking and increasing the number of steps per day will lead to more calories burned throughout the day without taxing the central nervous system (CNS), thus boosting your metabolism.

Want to 21 ways you can move more throughout your day?

[CLICK HERE](#) for our secret to boosting NEAT with our #CPTeam Members.

#4 MANAGE YOUR STRESS LEVELS



Stress leads to the release of hormones cortisol and betatrophin, which can increase abdominal fat and slow down the metabolism. (Ever wonder why you can't seem to lose that stubborn belly fat?)

Stress can cause disruptions in sleep, which can cause disruptions in cortisol productions. When cortisol production is disrupted, your metabolism can also be affected.

Do you know what the #1 biggest stressor is for most Americans?

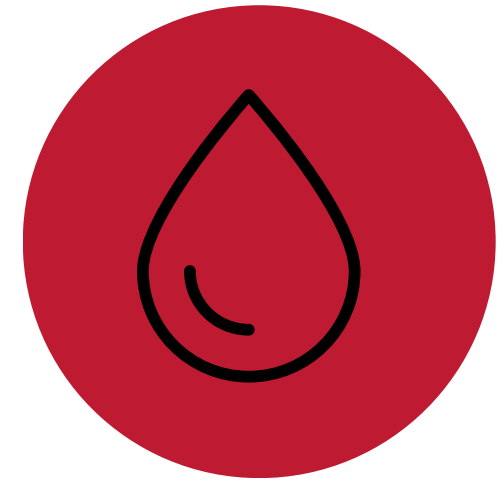
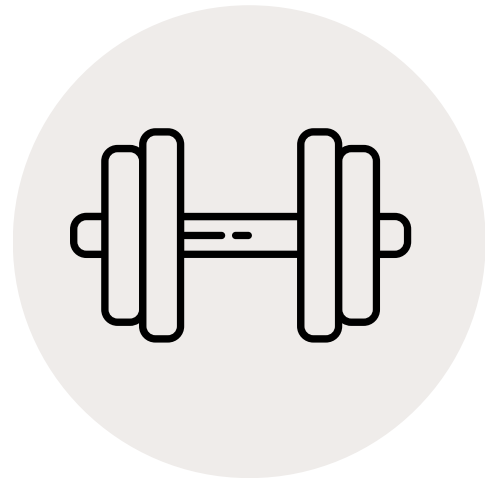
SLEEP!
Or lack thereof.

Lack of sleep has also been found to increase ghrelin levels (hunger hormone) and decrease leptin levels (the hormone that tells you you're full), which leads to increased hunger and never feeling totally full.

Being deprived of sleep has been shown to have negative effects on your metabolism and can lead to an increase in blood pressure.

In order to better manage your stress and NOT let sleep be your #1 stressor ensure you're getting 7 to 8 hours of sleep each night (that means actual SLEEP, not just in bed ;)).

#5 HYDRATE



Approximately 60% of your body is water and it's involved in just about every biological function in the human body, so when you are dehydrated your body's functions and metabolism slow down.

When drinking water, especially cold water, the body burns calories while using the energy from the water to raise your internal body temperature.

Looking for ways to drink more water?

[CLICK HERE](#) for the secret to guaranteeing 64 ounces of water everyday!