

Your Metabolism

at a glance

(and how to improve it)

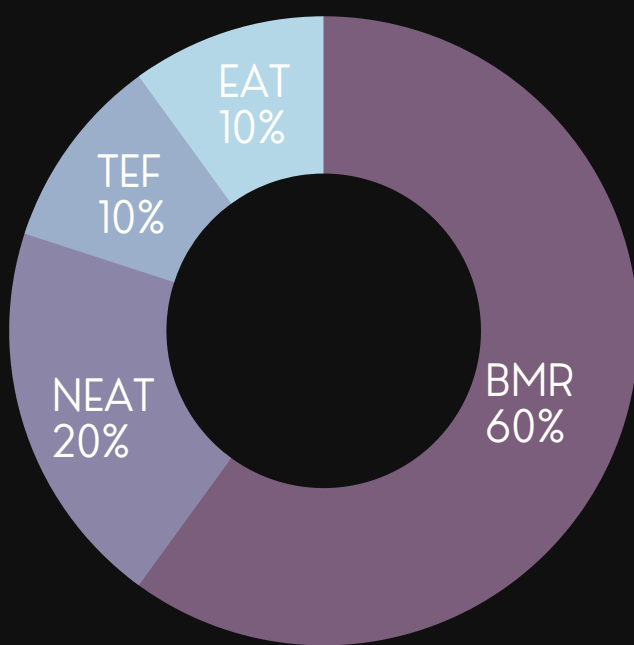
WHAT DEFINES IT

Metabolism is mainly defined by genetics, body size, body composition, sex and age.

METABOLISM

The complex process of turning what you eat and drink into the energy your body needs to function.

THE BREAKDOWN



WHAT ALL THIS MEANS

Basal Metabolic Rate = energy use at rest. Energy needed when you are doing absolutely nothing. About 60% of your metabolism. Breathing, circulation, hormone balance, cell repair and growth, etc.

BMR

NEAT

Non Exercise Activity Thermogenesis = move more. Energy used for movement outside of formal exercise. About 20% of your metabolism. Fidgeting, walking, cleaning, climbing stairs, etc.

You can have some impact over this... simply move more. Take the stairs, walk after dinner, park far away, pace while on the phone, etc.

Thermic Effect of Food = amount of calories from food needed to digest, absorb and metabolize that food. About 10% of your metabolism.

Influenced by different factors, mainly the composition of your food.

Fats > TEF = 0-3%
Carbs > TEF = 5-10%
Protein > TEF = 20-30%

This does not make a massive difference in your metabolism (it's still only 10%) but increasing protein won't hurt.

TEF

EAT

Exercise Activity Thermogenesis = your workouts. Depending on if you exercise, the type, and if you are building muscle anywhere from 0-10% of your metabolism.

However, your exercise can influence your BMR through increase of muscle tissue.